**Experiential: Guided Imagery #2**

Guided imagery helps one cope with unhelpful thoughts and regulating your emotions

**Title:** Waves on the Shore

**Script:**

Imagine a long, white, sandy beach. Waves are constantly crashing onto the shore.

Some are small. Others, however, are large and threatening. Whatever their size, though, they all harmlessly disappear when they reach the beach.

Now, imagine someone trying to fight against the waves. They are trying to keep certain waves from coming. It doesn’t make much sense, right? At the end of the day, the water isn’t hurting the beach. The person will just end up frustrated and tired.

As you can probably tell, the beach is you. Just like the shore, you can resist nearly anything that comes your way. The waves represent the thoughts and emotions that can’t harm you.

Yes, some of the waves are scarier than others. They might make you feel momentarily bad. It might even seem like they’re never going to go away. But in the end, all the waves dissolve into the sand, no matter how scary they are.

Now imagine there is a wave that you want to hold onto, perhaps it’s the feeling of happiness. What happens if we try to cling to a wave and keep it from going back out to sea? This will also leave you frustrated and tired.

Our thoughts, feelings, and memories come and go. None are permanent.