

If you get a response...

- ◆ Thank the feelings for speaking up and continue the conversation, asking the feelings what they would like you to do to help them feel better.
- ◆ If an upsetting image from memory or imagination came up, in your mind's eye drain it of color, flip it over so it spins and shrinks until it disappears. Tell yourself something reassuring such as a mantra you'd like to embrace, or think of a peaceful and pleasant place while you take deep breaths.
- ◆ If your feelings had to do with a concern about something happening, purposefully imagine seeing yourself do something that would prevent that from happening or handling it as best as you possibly can. Then do whatever it is you need to do, as best as you can. Be sure to ask for help if you need to learn how to do something more resourcefully or effectively.