

The Chill Spot



Positive Mental Rehearsal

This 15 minute exercise will help you practice successfully addressing issues with your parents (or other people) before you actually try it. This technique is often used by athletes and other “performance” experts to envision the ideal outcome of their performance in great detail. It is also useful for imagining ways to respond if things don’t go perfectly (as they so rarely do).

How to Do It

1. Find a calm, quiet place and make yourself comfortable.
2. Once you have reached a peaceful, relaxed state of mind, close your eyes and think of the situation you want to be the focus of your positive mental rehearsal.
3. Once you have the situation in mind, imagine that you are sitting in a movie theater. Imagine that the lights begin to dim and the movie starts. It is a movie of you successfully going through the situation you have been imagining. See the movie of this situation in as much detail as possible: what you are wearing, what the other people are wearing, everyone’s small movements and reactions, the environment that surrounds you, noises and sounds that you would hear, smells that would be present and how you would be feeling in each scene in the movie. Be sure that you imagine the other person making it difficult for you before you finally succeed.
4. As the movie of you succeeding in the situation continues to play on the screen, get up and walk toward the movie screen. Open the door located in the middle of the screen and walk through it. As you walk through the door, you will find yourself inside your own head, looking out through your eyes, going through the situation as yourself. See everything in vivid detail again but this time by being in the situation, seeing what you would see through your own eyes, the thoughts you would have, the sounds you would hear, the feelings you would feel. Envision the things the

other person would say and do as well as the things you would say and do to successfully address the situation.

5. Once you have successfully gone through the situation as yourself, return to the theater through the door you used to enter the movie. Make your way back to your seat and face the screen as the movie of your success continues to play. Now imagine taking your hands and using them to grab the screen and begin to shrink it down until it is the size of a sim card (or a postage stamp) in the palm of your hand. Now imagine popping it into your mouth and swallowing it whole. When it reaches your stomach, imagine your body digesting it and sending it into your blood stream. Now envision it entering every cell in your body so that a tiny movie screen with the scenes of your success in the situation is playing in every cell in your body.
6. Once you imagine the movie playing in every cell of your body, open your eyes, move around, stretch and become alert again to all that is going on around you.

Go through this exercise several times before you attempt to address the situation you have been imagining.

you've got to feel what it's like to have the result you want. Feelings are a key component.

15 minutes or so

Once you've reached a peaceful, relaxed [state of mind](#),

Or imagine a giant white screen in front of you with nothing on it but blank space. Whenever you catch your mind thinking about something, simply return to the blank screen. When you offer no thoughts, you offer no resistance, so your vibration rises automatically

Now [take that](#) blank screen and play a [movie](#) featuring you in possession of the goal you seek. Make it vibrant, exciting and alive, with you playing the starring role.

handling a difficult conversation—imagery can keep you calm and focused. “Mentally rehearsing maintaining a steady assertiveness while the other person is ignoring or distracting you can help you attain your goal,” says Kadish.

Use all your senses.

“imagine performing the activity from your own perspective,”

Write it down.

STEP 1. Imagine sitting in a movie theater, the lights dim, and then the movie starts. It is a movie of you doing perfectly whatever it is that you want to do better. See as much detail as you can create, including your clothing, the expression on your face, small body movements, the environment and any other people that might be around. Add in any sounds you would be hearing — traffic, music, other people talking, cheering. And finally, recreate in your body any feelings you think you would be experiencing as you engage in this activity.

STEP 2. Get out of your chair, walk up to the screen, open a door in the screen and enter into the movie. Now experience the whole thing again from inside of yourself, looking out through your eyes. This is called an “embodied image” rather than a “distant image.” It will deepen the impact of the experience. Again, see everything in vivid detail, hear the sounds you would hear, and feel the feelings you would feel.

STEP 3. Finally, walk back out of the screen that is still showing the picture of you performing perfectly, return to your seat in the theater, reach out and grab the screen and shrink it down to the size of a cracker. Then, bring this miniature screen up to your mouth, chew it up and swallow it. Imagine that each tiny piece — just like a hologram — contains the full picture of you performing well. Imagine all these little screens traveling down into your stomach and out through the bloodstream into every cell of your body. Then imagine that every cell of your body is lit up with a movie of you performing perfectly. It’s like one of those appliance store windows where 50 televisions are all tuned to the same channel.

1. Call to mind the difficult or stressful situation and locate the stress and emotional discomfort in your body.

2. Recognize and acknowledge that you are stressed or upset by saying

"This is a moment of suffering" "This hurts" "This is stressful" or whatever statement seems natural to you. The key is to notice what is going on for you emotionally in the present moment, without judging that experience or yourself as good or bad.

3. Next, recognize that difficulty is something everyone goes through by saying "Suffering is a part of life" "I am not alone" "We all struggle in our lives" This is a recognition that everyone has difficulties and struggles in life and that what you are going through is not abnormal or crazy. (And this is not the time to belittle your own suffering because others have it worse! Have compassion FOR YOURSELF. Judge yourself later.)

4. Now, put both hands over your heart, feel the warmth of your hands and the gentle touch on your chest, and say, "May I be kind to myself" or phrases that fit the particular situation like "May I give myself the compassion I need," "May I accept myself as I am" "May I learn to accept myself as I am" "May I forgive myself" "May I be strong" and "May I be patient" This is a way to express kindness and compassion for yourself and the situation you are in.

adapted from this great resource http://ggia.berkeley.edu/practice/self_compassion_break#