IMPROVE THE MOMENT WORKSHEET

ADVANCED DISTRESS TOLERANCE SKILLS

IMAGERY

1. WHEN RUMINATING ABOUT THE PAST

a. Remember & LIST times/things you did you're proud of or at which you were successful.

- _____
- _____
- _____

b. Remember & LIST any good memories or people from your past who were kind/helpful.

- _____
- _____
- _____

c. Safe Place (describe): _____

_____

_____

FLASHBACKS

a. When having flashbacks, imagine each memory:

- Being encased in a balloon and, when you pop the balloon, the flashback explodes.
- Being encased in a pillow. When you break the pillow, what will come out of it?

_____

b. When having flashbacks:

1. Imagine yourself shrinking the images and memories that come into your head and then picking them up and putting them in a tiny box & burning it on on a bonfire.
2. Imagine changing the colors in the images to black & white.
3. Imagine making the images out of focus or turning them upside down.
4. Imagine turning the volume down or increasing the speed to chipmunk speed.

c. When having flashbacks:

- Imagine yourself surrounded by the police, army, or whatever forces you need to be in control of this memory and make things happen in your imagination the way you wished it could have happened years ago. Who would you bring with you & what would they do?

_____

_____

_____

2. WHEN RUMINATING ABOUT THE FUTURE

a. Play the game "What if ..." Listen and imagine good things happening.

- What if _____ [something good] happened?
- What if _____ [everything turned out better than it hoped]?
- Ask what am I able to do now? What is needed? Let go of the impossible.

b. DISNEYFIE. (Yourself as a superhero able to "save the day" and vanquish all the bad guys).

- What super powers would you have? _____
- What would your "Super" name be? _____
- What kind of costume would you wear? _____

c. What if you were rewarded your calmness/effort & imagined adding lots of silly things to the story your mind is trying to tell you?

d. What if your wishes & best fantasy came true? What would happen?