

## IMPROVE THE MOMENT WORKSHEET

ADVANCED DISTRESS TOLERANCE SKILLS

### IMAGERY

#### 1. BEEN RUMINATING ABOUT THE PAST

- a. Remember & LIST **THREE** things you did you're proud of or at which you were successful.
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
- b. Remember & LIST any good memories or people from your past who were kind/helpful.
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
- c. Safe Place (describe): \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

#### FLASHBACKS

- a. When having flashbacks, imagine each memory:
- Being enclosed in a balloon and, when you pop the balloon, the flashback explodes.
  - Being enclosed in a piñata. When you break the piñata, what will come out of it?
- \_\_\_\_\_
- b. When having flashbacks:
1. Imagine yourself detaching the images and memories that come into your head and then picking them up and putting them in a toy box & burning it or in a barrel.
  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. BEEN RUMINATING ABOUT THE FUTURE

- a. Play the positive "What if..." Game and imagine good things happening.
- "What if \_\_\_\_\_ [something good] happened?"
  - "What if \_\_\_\_\_ [everything turned out better than I hoped]?"
- b. Ask what you're able to do now? What is needed? Let go of the impossible.
- c. **IMAGINE** (Visualize) 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? \_\_\_\_\_
- d. What if you ever extended your contemplating & imagined adding lots of silly things to the story your mind is trying to tell you?
- e. What if your wildest & best fantasy came true? What would happen?