

ENTERHEALTH RANCH

ADDICTION TREATMENT

Visualizations

The exercise is should be an open text exercise with the following questions:

Visualization Exercise:

It is very important that you practice visualizing several different types of scenes in your mind. Below, please write down one or two scenarios that appeal to you in each category. Remember to discuss how each of your five senses (sight, touch, taste, hearing and smelling) is experiencing that particular scene in your mind.

Please write down one visualization scenario that centers on relaxation:

Please write down one visualization scenario that is a positive situation resulting from you staying sober:

Please write down one visualization scenario that is a very negative situation resulting from you relapsing back to alcohol or drug use:

Please write down one visualization scenario that involves you conquering “the craving” that has taken some specific form:

Once you have completed these four scenarios, click the submit button and they will be emailed to you. Then print them out and practice visualizing them 5-6 minutes, 2-3 times per day when you are not craving. Also, you can come back to this exercise each week and fill in another set of visualization scenarios, if you find that this “craving busting” tool works particularly well for you.