I would like to invite you to close your eyes, if you feel comfortable doing so, otherwise you could look/gaze away or out of the window/etc.

As you are doing so, I would like you to take a breath in and shorter breath out, and again, always a longer breath out.

Notice how the breathing feels in your body, and how some physical sensations change (wait 30 seconds/4 breaths). I would like you to imagine a blue skied day, with a warm weather, and a cosy breeze.

Now, I would like to invite you to imaging you are about to enter a “field/mountain path/meadow”. And there is a well walked and marked path that seems easy to follow to your left. And something happens and you decide to take that path.

As you are walking down that path you can see in the horizon a large board, where it says (“I am not good enough”/”I am unlovable”/”I am worthless”/”I am to blame”) and notice how that feels in your body, and what emotions comes with it.

I would like you to stop and take a step back to rest. You can not think about this path you are walking, how often you have been down that believe path, how makes you feel, and be compassionate and kind, and remind yourself that it has been walked so many times that it is automatic.

Now, I would like you to turn your back away that board, and walk back to the top of the path. And notice how it feels when you chose the path you want to walk.

When you are at the top, I like you to notice an opening in the grass, where it seems that one may have walked before. I like you to go down that path, and notice how difficult is to walk in the high grass, hoe uncertain it feels the new/unwalked ground.

And as you are doing so, you can start to see in the horizon another large board, with the people/values that matter to you. This board reads “You matter”/”You are lovable”/”You are good enough”. Take a deep breath and longer breath out, and notice how that message and those people/values feel.

Now I would like you to bring to your awareness what those people/values may say/do so you can continue with this walk.

I would like you to take a break and find a place to sit, that is comfortable and rest.

Taking various breaths in and longer breaths out please open your eyes.

Repeat script again, and imagine continue to walk closed to the positive board.

For people to practice it as an in-between sessions exercise.