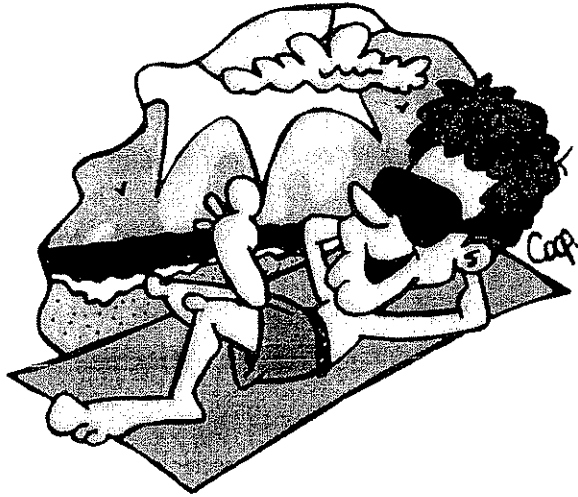


Handout #16



When people feel upset, they have upsetting thoughts. Thinking about a nice place is a tool that can help people feel better when they have upsetting thoughts.

When you feel overwhelmed by upsetting thoughts, you can change your thoughts, just like changing the channel on the T.V., to nicer thoughts. Just follow these steps:

1. Describe a scene that would make you happy. It does not need to be something that really happened.
2. Be detailed. Think about where you are, who is with you, and what you see, hear, smell, and feel.
3. You can close your eyes and think about this place or you can draw it.
4. Spend at least five minutes doing this and notice any differences in how you are feeling.

Don't forget to practice your belly breathing and muscle relaxation!

Handout #17: Thinking about My Nice Place

Instructions: You should sit in a comfortable, calm place with the lights on. Eyes can be open or closed. Think about the nice place that you told your therapist about. Think about details—what you see, smell, taste, hear, and feel. Sit and think about your nice place for 5-10 minutes. Thinking about My Nice Place is practiced every day, but not when you are sleepy.

Date	Fear Thermometer Before From 0-8	Fear Thermometer After From 0-8
1.		
2.		
3.		
4.		
5.		
6.		
7.		

Comments or Reactions: _____
