Guided Imagery

Mountain Cabin Scene Exercise

What do I use guided imagery for?

Guided imagery can be used to relieve pain. As you get better at imagining the numbness, you will find that you can recall and create it directly in any area of your body. Some people find that after doing this regularly for a few weeks their pain goes away for longer periods of time. For some, it may be gone permanently.

It has been effective against many different kinds of pain, including headaches, nausea, heartburn, back and leg pain. The more vivid your imagining, the better your results will be.

You can also use guided imagery for relaxation or to help you sleep, by leaving off the cold and numbness, and just focusing on the peaceful imagery of being in a quiet, relaxing place.

What do I do if it is not working?

If it is not working, it is OK. You will get it in time. Do not try. In fact, tell yourself that you do not care if the image seems real or not. Do not allow yourself to make it too important.

Often when you give up, completely let go of the end result and stop forcing anything or stop trying, it will happen. Imagery takes energy, focus and practice, but you cannot force it to happen. Do not anticipate. Without anticipation, there is no worry. Without worry, it will all happen.

Mountain Cabin Scene

Set the scene

Picture yourself in a cabin in the mountains. It is the middle of the winter at night. You can hear the soft, high howling of the wind outside. You are sitting comfortably in front of a fire watching the flames.

Feel the heat from the fire

You feel the heat from the flames on the front of your body. Notice almost an itching sensation in your arms and legs, from the intensity of the heat.

Smell the smoke from the pine wood that is burning. Hear the loud crackling and hissing as the sap falls and hits the fire. See the shadows flickering on the walls around you. The only light is coming from the orange fire. The rest of the cabin is in deep, purple darkness.

To Learn More

• Adolescent Medicine 206-987-2028
• Ask your healthcare provider
• seattlechildrens.org

Free Interpreter Services

• In the hospital, ask your nurse.
• From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.
## Guided Imagery

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Look out the window</strong></td>
<td>See yourself getting up and walking to the window. It is covered with a lacy pattern of frost. As you put your warm fingertips on the hard, cold glass, feel their warmth melt some of the ice.</td>
</tr>
<tr>
<td><strong>Breathe the night air</strong></td>
<td>You are going to open the window. It opens as you press your hand against it. Take in a big, deep breath of crisp, pure, cool, clean, fresh mountain air. It feels so good to breathe, your entire chest collapses in deep relaxation. You reach to pick a pine needle from the tree outside and chew it. Your mouth puckers at the flavor.</td>
</tr>
<tr>
<td><strong>Bundle up and go outside</strong></td>
<td>You decide to go outside. You walk over to the door to get dressed. See yourself putting on a coat, gloves, boots and a scarf.</td>
</tr>
<tr>
<td><strong>Numb your hand, and then your body, with the snow</strong></td>
<td>Minutes pass. You stop and take off your glove. You push your hand into a snow bank, grabbing some snow in your fist and compressing it into a ball of ice in the palm of your hand. A numb sensation begins in the palm of your right hand. At first, it is just the size of a pinpoint, then a dime, then a quarter, with the numbness spreading like ripples on a pond. When your hand feels completely numb, put it anywhere you feel pain. You can really do this, if you want. Let the numbness in your hand drain into your body. That area becomes numb. When all the numbness has drained from your hand, put your hand at your side again. If you still have pain, put your hand back in the snow until it is numb. Place your hand on the area again. Let more numbness from your hand drain into it. When all the numbness has drained from your hand into the area that hurts, put your hand back at your side. Your pain is relieved.</td>
</tr>
<tr>
<td><strong>Go back inside</strong></td>
<td>Put your glove back on your hand. You turn around and start heading back to the cabin, retracing your footsteps in the snow. The minutes pass until you are back at the cabin. You see a slight flicker of light from the fire glowing through the windows. You walk up the steps of the cabin, open the door and go inside. It is warm and cozy.</td>
</tr>
<tr>
<td><strong>Relax by the fire and become warm again</strong></td>
<td>Take off your coat, gloves, boots and scarf and walk over to the fireplace. Hold your hands out to the flames. Feel warmth slowly returning to them. Lie down on a comfortable couch or rug by the fire. Smell the smoke. Hear the crackling of the wood in the fire and the howling of the wind outside. Let the sights, sounds and smells get further and further away, as you drift into peaceful sleep.</td>
</tr>
</tbody>
</table>