

## APPENDIX C

# Solution-Focused Guided Imagery

**S**olution-focused guided imagery uses guided imagery techniques to lead participants through a 13-step solution-focused “journey” to help them address a recurring problem. Most of the steps require visualization in response to a prompt, in three of the steps participants use a rating scale, and in one step participants write a brief message about what they discovered as a result of the activity.

### **DIRECTIONS FOR SOLUTION-FOCUSED GUIDED IMAGERY**

Participants in this activity need to use a 13-page booklet in which to record their responses for each step of the process. Each page of the booklet is half of an 8.5-by-11-inch sheet with directions for that step printed at the top with space to write below. The pages that contain the steps of the solution-focused guided imagery activity in this appendix can be enlarged and photocopied to create the booklet.

Begin by reading aloud the overview of the activity described as follows, then continue step by step through the 13 steps. For the steps that require visualization, read the first part of the prompt that describes what participants are to picture in their mind and

allow approximately 1 minute for participants to visualize what the step requires. Then ask participants to write their descriptions at the bottom of the page and then look up to indicate when they have finished. The steps follow this sequence:

1. Scaling
2. Goal setting
3. Miracle question
4. *What else* question
5. Reciprocal relationship question
6. Reverse reciprocal relationship question
7. Instances of success
8. Detailing
9. Cheerleading
10. Scaling
11. Moving up the scale intervention
12. Message
13. Scaling

Upon completion of the activity, you can facilitate a group discussion about what clients learned from the experience. Volunteers can read the short note they wrote in Step 12, and they can talk about how their scores changed and what they will do to continue to improve. Note that the score indicated by participants in Step 1 serves as a self-reported pretest measure and the score indicated for Step 13 serves as a self-reported posttest measure.

## **Overview of the Activity**

After each participant receives a booklet and you have confirmed that the participants are ready to begin, read aloud the following overview of the activity:

In this activity we'll go through a process to help you deal with a recurring problem you would like to address. It could

be something you would like to do that you are not doing now or something you want to stop doing. You will have instructions to guide you step by step through the process.

Each page of the booklet you have received contains the directions for a particular step in this activity along with room to write down your responses and thoughts. In most of the steps I will be asking you to close your eyes and visualize the situation I am describing as it relates to you. Then I will give you a few moments to write your responses. Please look up when you have finished writing your response to that step so that I will know when to read the directions for the next step.

Before we begin, please note that when I ask you to identify specific things or actions that you would be doing, it's important to respond in terms of detailed, observable behaviors. That is, rather than saying, "I will be friendly," describe the specific behaviors you will be doing to show that you are being friendly, such as, "I will be smiling, saying hello, and shaking hands." Describe what you will be doing as if you were watching yourself in a movie. Remember to look up when you have finished writing your responses for that step.

**Step 1**

Close your eyes and picture a recurring problem that you would like to overcome or a personal challenge you would like to cope with more effectively. As mentioned before, this can involve something you would like to do, or something you want to stop doing.

On a scale from 0 to 10, with 0 being the worst the problem has ever been and 10 being when the problem is completely gone, what number are you right now? In the space provided indicate what number you are now:

My number is (*circle one*):

Worst problem has ever been						Problem is completely gone				
0	1	2	3	4	5	6	7	8	9	10

## Step 2

Close your eyes. *If your problem involves something you would like to do*, picture what specific behaviors you would observe yourself doing. *If your problem involves something you want to stop doing*, picture what you would be doing instead. In either case, visualize what it would look like, as if it were a video of what you would be doing. Remember to focus on something you *will* be doing (not something you won't be doing).

After you have visualized this mental picture of what you will be doing, write a description of what you pictured in the space provided. Remember, do not describe something you would not be doing—describe what you will be doing.

### Step 3

With your eyes closed, imagine that a miracle happens tonight while you are sleeping, and this miracle solves your problem. But because you were sleeping you don't know this miracle has occurred. When you wake up, what would be the first small sign that would show you that this miracle has happened? What will you notice that you will be doing differently? Construct a mental picture of a specific behavioral action that you will be doing after the miracle has occurred.

In the space provided, write a brief description of your mental picture of what you will be doing differently.

[illegible]

### Step 4

With your eyes closed, imagine what else you would notice that you would be doing, thinking, or saying differently after this miracle occurred.

Write a description of what else you would notice.

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## Step 5

With your eyes closed, picture who would notice these different things you would be doing. Imagine how you think they would respond when they notice this change in your behavior.

In the space provided, write a description of what you imagined about how others would respond.

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## Step 6

Close your eyes and imagine what you would do in reply to other people's responses to your new behavior described in the previous step.

In the space provided write a description of how you pictured you would respond to those individuals.

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## Step 7

With your eyes closed, picture in your mind a time when you've been having this problem yet some of this miracle has already happened, even if only a little bit.

Write a description of what you pictured.

[illegible]

## Step 8

With your eyes closed, picture in your mind how you made this part of your miracle happen during this problem time. It could have been things you were thinking or doing that were different.

Write a description of what you pictured that you were thinking or doing to make some of this miracle happen.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## Step 9

Close your eyes and think about how pleased you are now with your efforts at the time.

In the space provided, write what you thought about your efforts to make some of this miracle happen.

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