

Chapter 22

Dip Your Toe In Calm Scene Script

This resource invites us to find a relaxing, distracting, or funny video on YouTube to use as a calm scene. Some people find that videos of relaxing scenes are easier to get in touch with than imaginary ones. Would all parts of you be willing to work with me to find a scene that can help shift mood at least a little bit in the present moment? What kinds of things do you love or find funny or amusing?

Work with the client to find an appropriate video. Suggestions for search terms: beach island waves, cooking shows, dogs catching balls, funny things kids say, campfire meditation, kittens wrestling, etc.

If the scene is relaxing to the client, have them watch several minutes of it to make sure that it works. Then guide the client to do something like the following: *As best you can, try to imagine yourself there. Notice whatever you would be seeing in that scene. Notice what you would be hearing, smelling, or feeling in that scene.*

If the scene is not relaxing, but funny or distracting, have them watch several minutes of it to make sure that it works. Then guide the client to do the following: *As best you can, just notice what is happening in the scene. Observe your response to watching this scene.*

Notes:

- The purpose of this resource is to find a scene that the client can dissociate into that shifts mood at least a little bit in the present.
- The advantage of outsourcing the calm scene to a video is that it works well for clients who have very active minds and overthink constructing an imaginary calm scene or for people who struggle with visualizing.

- Don't worry that the calm scene video may not seem as accessible as an imaginary one. Phones are often closer and more accessible to clients than anything else in their lives.