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Comfortable Visualisation and Grounding

Experiment 11 - Practical Notes

Name: _____ Roll no.: _____ Date: _____

Aim

To try a brief neutral imagery exercise or an eyes-open grounding alternative.

Principle

A deliberately chosen comfortable image can provide an attention focus. Some people prefer present-environment grounding, and imagery should remain optional rather than requiring a particular emotional response.

Requirements

- Quiet seated space, short timer and a private reflection sheet.
- Optional neutral image or an eyes-open observation alternative.

Procedure

1. Choose

Select a comfortable ordinary setting, such as a shaded garden bench, or choose the grounding alternative.

2. Settle

Keep normal breathing and a supported position. Eyes may remain open.

3. Notice details

For one or two minutes, imagine neutral visual details, sounds and contact with the ground. Avoid intense memories or forced sensory content.

4. Alternative

Instead of imagery, name a few neutral objects in the room and notice feet on the floor.

5. Return

Look around, move gently and confirm the present place and activity.

6. Reflect

Record which option felt comfortable and whether it was useful. A neutral or unhelpful response is acceptable.

Observations and Record

Option used	Observation	Preference for next time
Imagery / grounding	_____	_____
Comfort / modification	_____	_____

Mental Well-Being Stress and Conflict Management

Worked Example

The numbers below are illustrative; enter your own observations in the record.

- A participant who prefers looking at the room can use grounding without completing the imagery. The chosen adaptation is part of the record.

Result

Record completion, what you noticed and one practical next step. Personal reflections remain private unless you choose to share them; these classroom activities do not establish a diagnosis.

Precautions

- Participation and sharing of personal experiences are voluntary. Use a fictional example when preferred and keep others' information confidential.
- Stop or adapt an exercise that causes discomfort. Persistent or severe distress should be discussed with the appropriate qualified support service.
- Describe personal observations without claiming that one short exercise treats or cures a mental-health condition.

Viva Questions and Answers

1. Must the participant close their eyes?

No.

2. Why avoid distressing memories?

The classroom activity is intended to be a comfortable voluntary focus.

3. What if imagery is not helpful?

Use another appropriate attention or support approach.

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