

EXPLORING MENTAL PERSPECTIVES

Think of a **really good pleasant memory from the past**. Perhaps a time when you achieved something of importance, at work, in sport etc. Maybe a **memorable** holiday, a place you visited, a **dramatic** sunset. Perhaps a time when you were **having fun**, with family, friends, relations. When you have the memory now, think about the following:

Visual

Create a mental picture of the event. If you can't yet see it clearly, just pretend that you can.

A glimpse is enough.

Is it in colour or black and white?

Is it close or far away?

A movie or a still framed photograph?

Where do you see it in your visual field? Up, down, left, right, straight ahead?

Fuzzy or in sharp focus?

Are you inside it, seeing it as it's happening (associated). Or outside it, watching yourself from a distance (dissociated)?

Framed or unbounded? Single or multiple images? 2-D or 3-D?

Auditory

Now listen to the sounds of the experience. If you can't yet hear them clearly, just pretend that you can.

Is the volume loud or soft?

Does it come from close by or far away? Which direction? Up, down, left, right? Point to it.

Is it surround sound or more easily heard in one ear? Which ear?

Clear or muffled? Soft or harsh? High or low pitch?

Kinaesthetic

How does this experience feel in your body? Pay attention to the feeling.

Where is the feeling located? Put your hand on it.

How intense is it? High or low? Does it feel light or heavy?

Does it start in one place and move to another? Quickly or slowly?

Is it hot or cold? Continuous or discontinuous?

Well done, you have begun to find out more about the building blocks of all experiences. You can **repeat the exploration** with a neutral, or less than positive experience for comparison. Though not your worst memories. Something of mild to moderate intensity only.
