

## 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.

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