

Exercise 3.7

S.O.S. – a visualisation



Process:

Visualisation



25 minutes

Learning outcome

At the end of this exercise participants should be able to:

- ✓ use the S.O.S. technique to stand back and observe negative thoughts and steer thinking towards the positive.

Materials



- CD track no. 8 S.O.S. (or relaxing background music)
- CD player/tape recorder (optional)

Facilitating the exercise



- 1 Explain the technique of 'S.O.S.', drawing on the **Background Reading** paper.
- 2 Explain to participants that this is a visualisation exercise. Invite them to sit upright in a comfortable position, with feet on the floor and hands held loosely in their laps.
- 3 Play the **CD track no. 8 S.O.S.** or read the following in a clear, gentle voice, pausing where you see this sign (...) to allow an opportunity for reflection. If you are reading aloud, you may wish to play background music.

“ Sit comfortably and relax. Let your body relax... let your breathing become easy... and your thoughts quiet...

Now, think of a difficult or unresolved situation in your working life at present. Picture that scene as though from a distance... Observe the scene from a safe place as if looking at it on a screen... you are an observer looking on... ... **(pause for 20 seconds)**.

Ask yourself: What is the interaction like...? What thoughts and feelings are being experienced and exchanged...? What is each person's body language ...? What is the expression on your face...? What is the atmosphere...? What effect is it having on your body...? What effect does it have on others around you...? What is the outcome...?

Be silent for a minute and allow yourself to be calm and return to a positive inner space. Imagine what value or quality you would like to bring to that situation.

Put this quality into your mind... really hold it and tune into it... See that quality, sense it, hear it and touch it... Imagine that quality is going into your whole being, into your muscles, your face, your shoulders, your chest, your back, your skin, your jaw... in fact, into your whole being...

Now, having taken time to create new thoughts, picture another screen close to you, in front of the previous one. Play that same scene again, but with your chosen qualities in action. Can you see your positive qualities or values affecting that situation or interaction...? Reflect on this for a few moments...

What is the interaction like now...? What are your thoughts or feelings...? What is your body language... the expression on your face...? What is the effect on your body...? How do you feel...? What is the atmosphere like...? What is the effect on others...? What is the outcome now...?

What other positive qualities are you able to use in that situation or interaction...?

As you reflect on the difference, what did you let go of...? What have you added ...?

Now, slowly allow yourself to become aware of the room, take a few deep breaths and have a stretch if you wish. ”

Feedback
10 minutes



Bring the group together for discussion to consider any points arising from the exercise.

Helpful hints

Remind participants of the 'STOP' technique for repetitive, negative thoughts, especially if they are involved in very emotionally charged situations (see **Background Reading** paper).



Movement exercise



5 minutes



Break



15 minutes