

# Positive Imagery Practice: In Control and Focused

---

What events are the most challenging for you? Close your eyes and imagine the event as if it were occurring now; however, instead of being uncomfortable, you are now in control. What does this look like? How does this feel? What will be the outcome of being in control of your behavior?

Describe your feelings:

---

---

Describe  
the event:

---

---

---

---

Describe your thoughts:

---

---

Describe the potential outcomes:

---

---