When to use: Visual imagery works well when someone is feeling anxious in general or needs to settle down enough to think through a specific problem with a clear head. By focusing one’s attention on a previous pleasant experience, one can calm down and relax.

Steps:
1. Help the patient to identify an experience that was pleasant and positive. The experience being recalled should be one that is multisensory and can be clearly recalled. Common recollections include a beach visit, fishing beside a stream, cross country skiing, playing with a pet, etc.

2. Have the patient recall the experience through each of the five senses and try to re-experience them –
   - What did they see?
   - What did they hear?
   - What did they smell?
   - What did they taste?
   - What did they feel on their skin or what did they touch?

3. Have them practice at least once while they are in the office – describing what they are seeing, hearing, smelling, tasting, and feeling.

4. Tell the patient to practice experiencing the sensations of their “special place” at least once or twice a day so they can easily pull up those images during a stressful event.

5. Once they have practiced for several days, they should next try pulling up those images (in each of the five senses) during a time when they are beginning to feel anxious.

6. When they are feeling calm again, they can return to their normal activities or begin problem solving about how to handle the anxiety provoking situation.

7. The patient can also write down a few key words on a small file card in order to prompt easy recall of their multisensory experience.