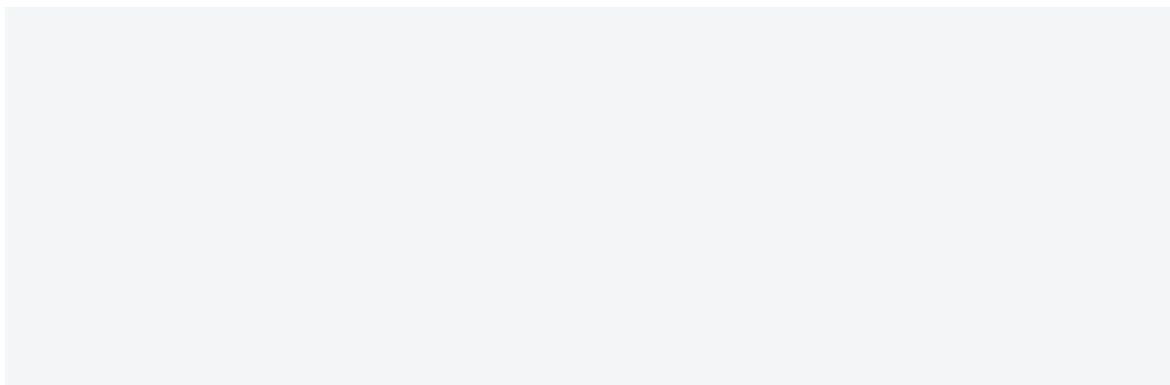


Visualizing to Improve Unconditional Positive Regard

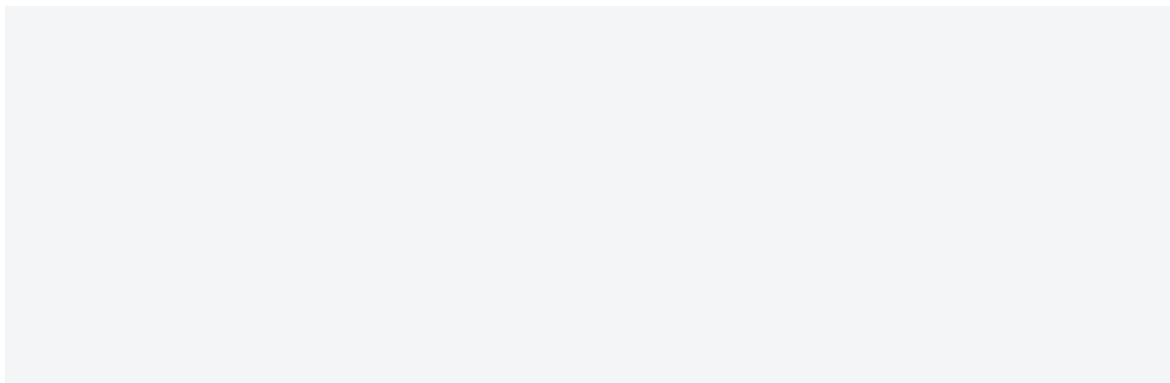
Visualization can be a powerful technique for *walking in another's shoes* and understanding their thoughts, feelings, and experiences.

Use the following prompts to help you gain empathy and grow unconditional positive regard in situations where you were previously unable to do so.

- 1. Describe a situation during a therapy session when you found you were less able to show empathy and understanding:**



- 2. How did you react?**



- 3. Visualize the experience described by the client**

What feelings do you experience as the client? Fear, sadness, loneliness? Imagine how it must have felt for the client talking through the situation and how they felt.

- 4. Visualize how you could have reacted**

Experience that (new) reaction from the client's perspective. How might you feel? Accepted, understood, and ready to move forward?