

'Building' Visualization

Buildings can be valuable metaphors for representing the self and uncovering the psychological condition of the individual.

Use the following prompts to create a mental image of a building representing aspects of early life experiences and trauma later on in life.

Ask the client to close their eyes then perform the following:

- After taking a few slow deep breaths to relax, imagine yourself standing outside.
- Ask your subconscious mind to show you a house that represents who you are. What would you look like as a building?
- There is no right or wrong when you consider the following questions:
 - Does your building feel large or small?
 - Is it modern or old?
 - What kind of building is it? (for example, a flat, house, farmhouse, etc.)
 - Does it appear warm and lived in or empty and unused?
 - What kind of landscape is around? (for example, forest, city, fields).
- Once you have fully pictured the building and the session has come to a close, complete the following:
 - Overall, how would you describe your house?

- What aspect of your house draws your attention most?

- How do you think it connects with who you are or your life?

- What do you think is needed to bring your house back to good repair?

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