



## Fence Visualization

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Start with breath and awareness.

Visualize yourself outside in a grassy field.  
Look around. Notice the colors,  
The feel of the breeze,  
Any smells.  
Look out toward the horizon—what does it look like?

Now, notice that there is a fence in front of you.  
Go up to it.  
Notice what it's made of.  
What color is it?  
How high is it?

Look around you and find a ladder lying in the grass.  
What is it made of?  
What color is it?  
Is it old, new?  
How long is it?  
Is there anything attached to it?

Take your ladder and put it up against your fence.  
Climb up to the top.  
What can you see from here?  
What can you see out toward the horizon?

Now, jump onto the other side.  
After you land, take some time and look around.  
What is it like?

Run around and play and have some fun if you want to.  
Take a deep breath.  
Feel the chair under you supporting you. Feel the air on your skin.  
Hear the sounds around you in the room.  
Put your hands over your eyes.  
Slowly open your eyes and then slowly lower your hands.  
Slowly notice color and shape around you and come back to the room.

The fence represents your barriers.  
The ladder is your support system.  
The other side of the fence is your future.

Quickly write down what happened/what did you see/what did you learn?