

# HANDOUT

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## LAZY RIVER

### Guided Script:

Get comfortable in your chairs. Close your eyes and clear your mind.

I want you to picture a river with tiny boats and rafts of all different sizes, shapes and colors flowing continuously by. Some water parks call these lazy rivers.

Now picture yourself standing beside the river, watching everything coming towards you.

Imagine that what you are watching for are your thoughts, wishes, feelings, or bodily sensations. Watch them come downriver.

You might notice a word written on the side of the raft or boat that represents your thought or feeling.

As they come closer to you, I want you to just watch them come and go and look to see what comes down the river next. Do not get in any of the rafts or boats. Just let them go by.

Try not to attach to or push away what you notice on the river. Just let it all come and go.