

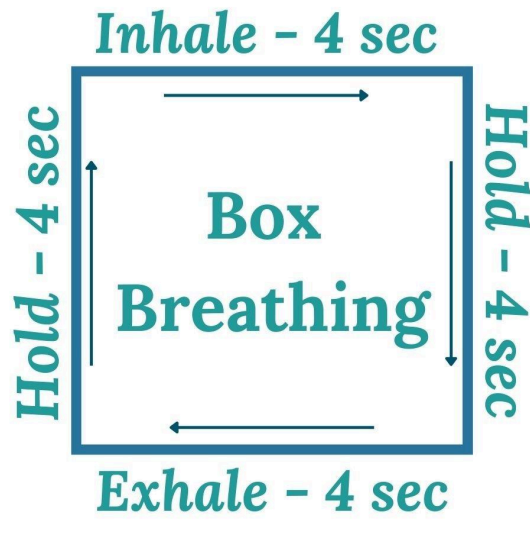
# MINDBRIDGE

## Week 5: Mindful Visualization

### Exercise #1: Box Breathing

#### Instructions:

- Practice the Box Breathing Cycle twice, and use this diagram to help follow along



#### How to Practice:

- Step 1: Inhale slowly through your nose for a count of four seconds, filling your lungs fully.
- Step 2: Hold your breath for four seconds.
- Step 3: Exhale slowly through your mouth for four seconds, releasing all air.

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- Step 4: Hold your breath again for four seconds before repeating the cycle

## Exercise #2: Taming the A.P.E

### **Instructions:**

- Tame the A.P. E three times, or fill out the table three times for three separate negative thoughts you often experience
- When considering the “engage” part, think about the environment you are in when you have that specific thought (i.e. school, your room, outside)

### **Example “Acknowledgements”:**

- I keep imagining that everyone is staring at me during social events.
- I feel anxious when I'm in crowded places.
- I think that nobody likes me because I have \_\_\_\_, and that makes me feel sad.

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<u>Acknowledge:</u> Thoughts, Images, Memories, Emotions, and Impulses	<u>Psychalize:</u> Where are the thoughts and feelings held in my body? (Size, Shape, Movement)	<u>Engage:</u> Shift my focus from the mind and body to the external environment (What can I see, hear, feel, taste, and smell?)

## Exercise #2: Practicing Semantic Satiation Meditation

**Steps to Follow: Repeat these steps for TWO Words or Phrases**

### 1. Choose a Word or Phrase

Pick a word or phrase that carries emotional weight for you—this could be a word that triggers stress, anxiety, or negative emotions.

### 2. Find a Quiet Space

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Sit comfortably in a quiet environment where you won't be disturbed.  
Close your eyes if it helps you focus.

## 3. Set an Intention

Acknowledge the meaning and emotional impact of the word before you begin. Recognize how it makes you feel.

## 4. Repeat the Word Rapidly

Say the word or phrase out loud (or in your mind) at a steady, rapid pace—about two times per second. The key is to focus on the sound rather than the meaning.

## 5. Observe the Shift

After about 30–60 seconds, you may notice that the word starts to lose its meaning and becomes just a sequence of sounds. Let go of any emotional attachment to it.

## 6. Sit in Silence

After repetition, pause and observe your mental state. Notice any detachment or reduction in emotional intensity related to the word.

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## Example Words or Phrases:

- Anxiety
- Let Go
- I am not Enough
- I am defined by my disability.
- Nobody likes me.
- I am a burden.
- I am unattractive.
- Everyone is always staring at me.
- I am not smart enough.
- I will never be independent.