

Script for guided imagery exercise

Imagine it's three and a half years from now: You are about to graduate from DKU. It's one week before graduation.

In the past four years, here are some of the things you've done:

- You've chosen a major, and done original research in your field, all in English
- You've spent a semester at Duke, in the United States, living in an entirely English-speaking community
- You've formed close friendships in English. You have friends with whom your relationships take place entirely in English.

You are *much* better at English than you are now. Think of one thing you can now do comfortably in English that you couldn't do before.

Okay, it's one week before graduation. Imagine yourself in a familiar place, somewhere you know well.

Picture that place clearly. What is around you? What can you see? What can you hear? What can you smell? What are you holding or touching?

Now imagine that, in this place you've imagined, you're having a conversation with someone in English. Who is that person?

You are enjoying yourself speaking English, and so is the person you're speaking to. Speaking English feels good now. It feels natural. It's fun. For you, right now, speaking English feels as natural as breathing.

What are you talking about? Imagine the expression on this person's face. What does this person's face look like? What is this person wearing?

What else is around you? Focus on your surroundings again. Is there anybody else with you, or nearby? Who are they? What are they doing?

Now I want you to imagine how you look from the outside, having this conversation. Imagine that you and the person you're talking are characters in a movie, and you're watching this scene from the audience's perspective.

Imagine this scene clearly as you can. What do you look like? What are you wearing? What's the expression on your face?

You notice that you look different from how you do now. How do you look different? Is it something you're wearing? Is it something about how you act?

Hold this scene in your mind. Remember what this feels like. This is a good moment, one you want to remember.

Now it's time to leave. You have somewhere to go. You say goodbye to this person. Saying goodbye in English feels good now. You know how to say goodbye so that both you and the person you're talking to leave with a good feeling.

You walk away. Where are you going?