

LIVING BEYOND STROKE

My Experience with the Guided Imagery Programme

A personal reflection journal — for your use only

This journal belongs to you. Nothing in it is submitted anywhere. No one else reads it. It exists to help you notice your own experience with the practices over time — not to measure you against a standard, and not to produce data for anyone else.

There are no right answers here. A practice that produces nothing visible is still a practice. A week where you didn't return to the work is still part of your experience. Whatever is true for you is worth writing down.

You can fill this in as you go — after a session, at the end of a week, whenever something shifts or doesn't. Or you can use it in two sittings: once near the start of your time with the programme, and once a few months later. Either way works.

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How This Journal Is Organised

Section 1 — Where I'm starting from. Fill this in at the beginning. Or whenever you first pick up this journal.

Section 2 — What I'm noticing. Repeating pages for ongoing reflection. Use them as often or as rarely as feels useful. There are six copies — roughly one per fortnight over three months, or use them however suits your practice.

Section 3 — Looking back. For whenever you feel ready to reflect on your experience as a whole.

This sits alongside the four-week plan on the guided imagery page. Once you've settled into a regular practice, that's a natural point to open this journal for the first time.

SECTION ONE

Where I'm Starting From

These questions are for the beginning of your time with the programme — or whenever you first pick up this journal.

1.1 Which practice or practices are you drawn to, and why?

1.2 What are you hoping might change — in your body, in your daily life, or in how you feel about your body?

1.3 What does your body feel like right now — in your own words, not medical terms?

Movement, sensation, comfort, tension, presence, absence — whatever comes.

SECTION ONE, CONTINUED

1.4 How satisfied are you with the following areas of your life right now?

Write a few words rather than a number — words often say more.

The things you own and your material situation

Your health

What you achieve in your daily life

Your close relationships — family, friends, partners

How safe and secure you feel

Being part of a community or connected to people beyond your home

Your own sense of happiness

Your spiritual life or sense of meaning

Your life overall

SECTION ONE, CONTINUED

1.5 Is there anything you're worried or uncertain about as you begin?

SECTION TWO · WHAT I'M NOTICING

2.1 Which practice have you been using, and roughly how often?

2.2 What have you noticed in your body — during the practice, or in the hours and days after?

Changes can be subtle, fleeting, or absent. All of these are worth recording.

2.3 What has the imagery been like — vivid, thin, changing, consistent? Has it developed in any way since you started?

SECTION TWO · ENTRY 1 CONTINUED

2.4 Have you been using the windows — the morning, evening, or daytime drift moments — for brief practice from memory? What has that been like?

2.5 Has anything felt wrong, uncomfortable, or like it made things worse? If so, what, and when?

This is just as important as positive observations.

2.6 Anything unexpected — positive or negative?

Entry 2 of 6

Date: _____

SECTION TWO · WHAT I'M NOTICING

2.1 Which practice have you been using, and roughly how often?

2.2 What have you noticed in your body — during the practice, or in the hours and days after?

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SECTION TWO · ENTRY 2 CONTINUED

2.4 Have you been using the windows — the morning, evening, or daytime drift moments — for brief practice from memory? What has that been like?

2.5 Has anything felt wrong, uncomfortable, or like it made things worse? If so, what, and when?

This is just as important as positive observations.

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Entry 3 of 6

Date: _____

SECTION TWO · WHAT I'M NOTICING

2.1 Which practice have you been using, and roughly how often?

2.2 What have you noticed in your body — during the practice, or in the hours and days after?

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SECTION TWO · ENTRY 3 CONTINUED

2.4 Have you been using the windows — the morning, evening, or daytime drift moments — for brief practice from memory? What has that been like?

2.5 Has anything felt wrong, uncomfortable, or like it made things worse? If so, what, and when?

This is just as important as positive observations.

2.6 Anything unexpected — positive or negative?

Entry 4 of 6

Date: _____

SECTION TWO · WHAT I'M NOTICING

2.1 Which practice have you been using, and roughly how often?

2.2 What have you noticed in your body — during the practice, or in the hours and days after?

Changes can be subtle, fleeting, or absent. All of these are worth recording.

2.3 What has the imagery been like — vivid, thin, changing, consistent? Has it developed in any way since you started?

SECTION TWO · ENTRY 4 CONTINUED

2.4 Have you been using the windows — the morning, evening, or daytime drift moments — for brief practice from memory? What has that been like?

2.5 Has anything felt wrong, uncomfortable, or like it made things worse? If so, what, and when?

This is just as important as positive observations.

2.6 Anything unexpected — positive or negative?

Entry 5 of 6

Date: _____

SECTION TWO · WHAT I'M NOTICING

2.1 Which practice have you been using, and roughly how often?

2.2 What have you noticed in your body — during the practice, or in the hours and days after?

Changes can be subtle, fleeting, or absent. All of these are worth recording.

2.3 What has the imagery been like — vivid, thin, changing, consistent? Has it developed in any way since you started?

SECTION TWO · ENTRY 5 CONTINUED

2.4 Have you been using the windows — the morning, evening, or daytime drift moments — for brief practice from memory? What has that been like?

2.5 Has anything felt wrong, uncomfortable, or like it made things worse? If so, what, and when?

This is just as important as positive observations.

2.6 Anything unexpected — positive or negative?

Entry 6 of 6

Date: _____

SECTION TWO · WHAT I'M NOTICING

2.1 Which practice have you been using, and roughly how often?

2.2 What have you noticed in your body — during the practice, or in the hours and days after?

Changes can be subtle, fleeting, or absent. All of these are worth recording.

2.3 What has the imagery been like — vivid, thin, changing, consistent? Has it developed in any way since you started?

SECTION TWO · ENTRY 6 CONTINUED

2.4 Have you been using the windows — the morning, evening, or daytime drift moments — for brief practice from memory? What has that been like?

2.5 Has anything felt wrong, uncomfortable, or like it made things worse? If so, what, and when?

This is just as important as positive observations.

2.6 Anything unexpected — positive or negative?

SECTION THREE

Looking Back

For whenever you feel ready to reflect on your experience as a whole — whether that's after a month, three months, or longer.

3.1 Looking back at what you wrote in Section 1 — what's the same, and what's different?

3.2 What does your body feel like now, in your own words?

SECTION THREE, CONTINUED

3.3 Returning to the life-satisfaction areas from Section 1 — write a few words about each again.

Don't look back at what you wrote before until after you've finished this section.

The things you own and your material situation

Your health

What you achieve in your daily life

Your close relationships — family, friends, partners

How safe and secure you feel

Being part of a community or connected to people beyond your home

Your own sense of happiness

Your spiritual life or sense of meaning

Your life overall

SECTION THREE, CONTINUED

Now look back at Section 1. What do you notice?

SECTION THREE, CONTINUED

3.4 What would you say to someone who was thinking about starting the programme?

3.5 What would you change about the practices, if you could?

3.6 Is there anything you want to record that doesn't fit any of the prompts above?

CLOSING

This Journal Is Yours

If you'd like to share any part of your experience — anonymously or with your name, briefly or in detail — you're welcome to do so.

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Nothing is required.