## Narrative - Imagery Rehearsal Therapy (N-IRT) for Nightmares

## **WORKSHEET**

The EMOTIONS that show up at the most distressing part of the dream include:
These emotions tell me what is important to me. My VALUES (what I care about) are:
Dream Rescription for the most frequently occurring disturbing dream or theme (or other dream of your choosing). Write revised dream script. Remember to include only the first part of the nightmare or theme, avoid including any distressing content, then rescript the ending. Include vivid detail for the new ending. New ending should be consistent with your values.

INSTRUCTIONS FOR PRACTICE: Every night before bedtime (or other time of your choosing), for 10-20 minutes, practice the imagery rehearsal in your imagination, for 4-week practice period. As you practice, take some deep, slow breaths and allow yourself to relax. Imagine feeling competent, in control, and able to do what you value. Do only ONE rescription at a time (even if you have more than one recurring dream; select the most frequent dream to start with, or other dream of your choosing). If no improvement after 4 weeks of nightly practice, develop a new rescription and practice for another 4 weeks, etc. Most people benefit from the first alteration, but some may need a second or a third alteration practice period.