

# Hardwire Happiness Guided Journey Script

This is a “guided journey” script. Some people call them “guided visualizations” but I prefer Michael Berman and David’s Brown’s term since it the activity involves more senses than just vision.

This particular journey accompanies the Positive Psychology in ELT tasksheet Hardwire Happiness, available at [www.ELTandHappiness.com](http://www.ELTandHappiness.com). In the activity, learners think about a time they were happy. Then they talk about the time with a series of partners. Partners ask questions about the experience. This gives the questioner practice paying attention and also to using questions to encourage discourse. The questions also constitute an “affirmative constructive response” which helps the main speaker mentally re-experience the event, making the feelings of positive emotion stronger.

Before you start on the guided journey, have the learners choose one of this situations they want to talk about:

- A time you felt excited and happy.
- A time you felt relaxed and happy.
- A time you felt loved.
- A time you felt very, very happy.

Use this between steps ❶ and ❷ of the task sheet. Have learner close their eyes and imagine the story as you talk. Speak in a calm, slow, relaxed voice. When you see a dot (•), pause to give them time to imagine the situation.

## **A time you felt happy.**

*I’m going to tell you a story and, as I do, you can experience the story in your mind. Please sit with both feet on the floor. Close your eyes. Relax. • Think about the time you chose. It is a time you felt happy or loved. In your mind, experience that time now. Imagine that time, that place, that experience. Experience that time, now. •*

*You are in that place. Where are you? • You can see yourself in that place. Look around. Where are you? • Inside? Outside? What do you see? Look around...and you can notice the place. Notice the colors. Notice what things are made of. Notice the textures (Are things smooth? Rough?). • What else do you notice? • Where are you? When did this happen? Who are you with?*

*Are there people. If there are people, notice them. Who are they? What do they look like? What are they wearing? • And listen. What are they saying? •*

*And what are you saying? • And what else do you hear? Sounds in the background? Music? Other people? Listen. What else do you hear? •*

*And notice what you feel. Is the day hot? Cool? How does your body feel? • If you are standing, you feel the weight on your feet. If you are sitting, you feel your body against whatever you are sitting on. Whatever position your body is in, notice it. And this is a special time. What do you feel in your heart?*

*Feel your emotions. Are you excited? Peaceful. Relaxed? What are you feeling? •*

*You'll have a half minute of real time – which is equal to all the time you need to experience now that special time. And, as you do,*

- You can see yourself at the special time, now.*
- You can hear all the things that make the time special, now.*
- You can feel those wonderful feelings, now*

*(30-second pause)*

*And when you are ready, take a deep breath. Relax. Smile and open your eyes.*

After this, they talk to a partner. The partner asks questions. They repeat this with a series of partners. Each time, they build their fluency. They also re-experience the positive emotions.

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Reference:

Berman, M. & Brown, D. (2000) *The Power of Metaphor*. Carmarthen, U.K.: Crown House Publishing.

The activity was inspired by Hanson, R. (2013), *Hardwiring Happiness*. New York: Harmony Books.