

# Overcoming Fear of Water

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**NOTE:** This script is designed to assist individuals in overcoming their fear of water. By fostering feelings of safety, confidence, and tranquility, clients can develop a greater sense of ease and enjoyment in aquatic environments.

## **SCRIPT STARTS HERE:**

As you contemplate the fear of water, acknowledge any emotions that arise within you with kindness and understanding. Recognize that it's natural to feel anxious about the unknown depths and currents of aquatic environments.

Now, let's shift our focus to feelings of safety and confidence. Picture yourself surrounded by a gentle cascade of water, enveloping you in a soothing embrace of liquid tranquility. Feel this aquatic energy filling you with a deep sense of security and reassurance as you begin to explore your fear with curiosity and openness.

Consider that water is a source of life and renewal, not to be feared but embraced. Visualize yourself as a graceful and confident swimmer, gliding effortlessly through the water with each stroke.

Now, let's set an intention for embracing the water. Right now I'd like you to imagine yourself standing at the edge of a calm and inviting body of water, feeling the warmth of the sun on your skin and the gentle lapping of waves at your feet.

See yourself wading into the water with confidence and determination, feeling the cool embrace of liquid enveloping you. As you immerse yourself fully, feel a sense of liberation and joy wash over you.

With each stroke and kick, feel your confidence and tranquility growing stronger. Know that you have the power to conquer your fear of water and

emerge from this journey with a greater sense of peace and enjoyment in aquatic environments.

You can now carry with you a renewed sense of harmony and serenity. Understand that by confronting your fear with courage and determination, you can develop a deeper connection to the water and experience greater joy and tranquility in your aquatic adventures.