

# Invisible Friend

This activity teaches a client to learn a new skill that improves their sense of security and safety. The client will learn how to evaluate positives in others and recognize the benefit of those people in their lives.

## Materials:

- Paper
- Writing/coloring tools

## Complete the Activity:

Step 1: Hand the client a piece of paper

Step 2: Allow the client to think and create their perfect “invisible human”  
(imaginary friends)

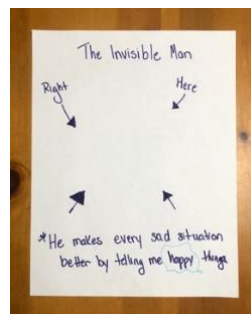


Step 3: Work with the client to create personality traits that this person would demonstrate.

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Step 4: Encourage the client to express the role of this “invisible person”  
(i.e. Turns annoying feelings into happy ones)



Step 5: Work with the client to create a collage to combine Steps 2, 3, and 4 together- See example here:



Step 5: Discuss and problem-solve ways that they can continue to add these positives in their own lives.

**End of Activity options:**



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- Have the client discuss their “invisible person” with their parents.
- Encourage the client to take a very small object to carry around with them that represents the individual (Helps them to be confident and raise self-esteem).

*Quick clinical tags to add to your notes:*

- Assisted the client to learn positive behaviors/build self-esteem
- Taught ways to build a sense of security and safety.
- Taught how to use insight to manage their emotions
- Positive social skills