

# Romantic Skylines: Fairytale Universe - Build Cityscapes and Landforms In

Imagine having the power to create your own enchanting cityscapes and awe-inspiring landforms. With Romantic Skylines: Fairytale Universe, you can now bring your imagination to life and build the world of your dreams.



## Romantic Skylines Fairytale Universe Build Cityscapes And Landforms In Watercolor

★★★★★ 5 out of 5

Language : English  
File size : 105308 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 446 pages  
Lending : Enabled



## Create Enchanting Cityscapes

Romantic Skylines: Fairytale Universe provides you with the techniques and inspiration to construct captivating cities with intricate architecture and bustling streets. Learn how to create realistic buildings, bridges, towers, and more. With this guidebook, you'll be able to design your own unique cityscapes that will transport you to a world of fantasy and enchantment.



## **Build Awe-Inspiring Landforms**

In addition to cityscapes, Romantic Skylines: Fairytale Universe also teaches you how to build realistic mountains, rolling hills, and shimmering lakes. With the step-by-step instructions and breathtaking imagery, you'll be able to create your own unique landforms that will add depth and dimension to your world.



## **Step-by-Step Instructions and Breathtaking Imagery**

Romantic Skylines: Fairytale Universe is packed with over 300 pages of step-by-step instructions and breathtaking imagery. This guidebook will provide you with all the information and inspiration you need to create your own magical worlds. Whether you're a beginner or an experienced artist, Romantic Skylines: Fairytale Universe has something to offer everyone.

# IMAGERY RE-SCRIPTING

**1. Connect with the image:** Plan where in the image you will connect; ensure that this is before the trauma event.

Tell me about what's happening? What are you seeing? What are you feeling? What is happening in your body?

**2. Connect with the physiological and cognitive experience:**

What are you feeling? Where is that in your body? What are you thinking? What is going through your mind?

**3. Connect to needs**

What do you need? What would you like to happen in this image? What would be helpful?

**4. Bring the therapist into the image:**

Can you bring me into the image with little... now? Where am I? Watch me walk to you and sit next to you now.

**5. Attune to the Vulnerable Child (VCM):**

What are you feeling? What's happening in your body? What are you thinking?

**6. Meet the child's needs - what would a good parent do? Soothe, provide safety, confront the abuser, and address the schema. \*\*Ensure that safety is not created in a manner that maintains maladaptive coping responses that connect to offending behaviour:**

I want you to see something different. I want you to see me walk into that room and stand between you and your father/mother. I walk in and hold little... and say "I'm here now and I will keep you safe." I want you to see our safety bubble keeping us safe now. Only those that you want can enter, and no harm can come to us in here, can you see it? Can you feel how strong it is? We can see what's outside, but others cannot see us in here, not unless we want them to. Test it: if you... want? nothing will break the safety bubble.

**7. Confront the antagonist:**

"X, I won't let you hurt little... anymore. I won't let you hurt anyone else in this house anymore. You need to take responsibility for your behaviours and get the right help. This stops now."

**8. Continue until the exchange has been won.**

What you are doing hurts little... and the rest of the family. You can't break this protective shield around us now. I will say it again... you need to take responsibility for your behaviours and get help. We are leaving without you to a safe place. This helps you need to coming and you won't be able to hurt little... anymore.

**9. Check-in:**

"How does that feel?" "What is it like when I stand up to X?" "Is there anything more that you need?"

**10. Finish - provide safety and positive image or use safe place imagery**

Let's go for a walk, read a book, get a milkshake... can you see that...?

**11. Debrief brings Healthy Adult (HA) into the current life situation:**

"What was that like? What was the most helpful? What would VCM hear? What did your healthy adult mode hear?"

## AT ANY TIME IF A COPING MODE IS PRESENT IN THE IMAGE/ PREVENTING THE IMAGERY

**A. Catch any coping mode that might be interfering with affect - speak directly or ask the client to**

**speak to the coping mode:**

I think that unattached protector (UP) has just shut you down. Can you talk to her and ask why they jumped in?

UP I can see you have just shut client down, what are you afraid of?

**5. Negotiate:**

Remember it's safe here. Do you need anything in order to let us do the imagery work? Remember we have a

safe place we can go to any time we need it?

**6. Attune to VCM in the earlier memory:**

Now that the coping mode is going to give us some space, I want to hear from little... What's happening? What are you

seeing? What are you feeling?

Prepared by: A. Short

Kidson & Coates (2021). Creativity With Complex Cases: Schema Therapy In a Forensic Context. Insight.Well.

## Bring Your Imagination to Life

With Romantic Skylines: Fairytale Universe, you have the power to bring your imagination to life. Create your own enchanting cityscapes, build awe-inspiring landforms, and design your own unique worlds. Free Download your copy today and start creating your own magical universe.

Free Download Now



## Romantic Skylines Fairytale Universe Build Cityscapes And Landforms In Watercolor

★★★★★ 5 out of 5

Language : English

File size : 105308 KB

Text-to-Speech : Enabled

Screen Reader : Supported

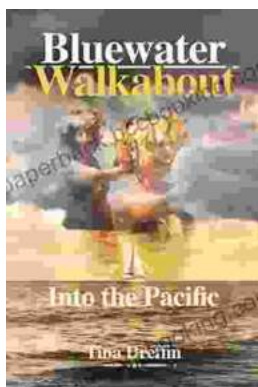
Enhanced typesetting : Enabled

Print length : 446 pages

Lending : Enabled

FREE

DOWNLOAD E-BOOK



## Bluewater Walkabout: Into the Pacific

An Unforgettable Adventure Awaits Prepare to embark on an extraordinary journey that will transport you to the heart of the Pacific Ocean....



## **Unlock the Secrets of Standardized Test Success with Test Makers Favourite Words**

Are you tired of struggling with standardized tests? Do you feel like you're always hitting a wall when it comes to the vocabulary section? If so, then you need Test Makers...