

DROPPING ANCHOR

A SCRIPT FOR YOURSELF

- a. Silently and kindly acknowledge to yourself that you're hurting, you're in pain.
- b. Push your feet hard into the floor.
- c. Straighten your back; if sitting, sit forward in your chair.
- d. Press your fingertips together, or stretch your arms, or shrug your shoulders.
- e. Acknowledge the painful thoughts and feelings that are present, **and also notice...** there's a body around that pain – a body that you can move and control. So notice your whole body now – hands, feet, back. ... have a stretch. ... Press your feet down.
- f. Now also look around the room and notice 5 things you can see.
- g. And also notice 3 or 4 things you can hear.
- h. And also notice what you are doing
- i. **So notice there are painful thoughts/feelings/memories here, and ...**
- j. Also notice your body in the chair ... move it, stretch it,
- k. And there's a room around you.
- l. And come back to what you are doing, and engage fully in the task or activity at hand.

Remember, you can practise these kinds of exercises, any time, any place, any activity. And it's a good idea to practise them often when you're less fused, so you can remember to use them when you are really fused!

All the best,
Cheers, Russ Harris