

## Inner Advisor

By Andrew Leeds

Identify a current small issue or problem you would like to address.

Begin to relax by taking a comfortable position. Loosen any restricting clothing. Take a few deep breaths and begin to let go of tension as you release each breath. Allow yourself to relax more deeply, allowing your body to let go and your mind to become quiet and still.

Imagine yourself in a special place of beauty and serenity. Take some time to experience the peacefulness and tranquility you find in this place. When you are ready, invite your inner advisor to join you in this special place. Just allow an image to form that represents your inner advisor, a wise, kind figure who knows you well. Let your inner advisor appear in any way that comes and accept that as it is for now. Your inner advisor may come in many forms—a wise old man or woman, a friendly animal or bird, a ball of light, a friend or relative, fictional character, or a religious or spiritual figure. You may not have a visual image at all, but a sense of peacefulness and kindness. Accept your advisor as it appears.

Invite your inner advisor to be comfortable there with you. When you are ready, you're your inner advisor about your problem. Ask any questions you have concerning this situation; take all the time you need to do this.

Now listen carefully to your advisor's response, as you would to a wise and respected teacher. You may imagine your advisor talking with you or you may simply have a direct sense of its message in some other way.

Imagine what your life would be like if you took the advice you have received and put it into action. Spend several moments visualizing this.

When it seems right, thank your advisor for meeting with you, and remember that your advisor is always with you, ready to offer support whenever you need.

Take several deep breaths, and when you're ready return your attention to the room.

## **Light Stream**

By Francine Shapiro

Take a moment to sit comfortably and take some deep breaths. Simply notice your body sensations.

Concentrate on a feeling in your body.

If the feeling had a shape, what would it be?

And if it had a size, what would it be?

If it had a color, what would it be?

Which of your favorite colors might you associate with healing?

Imagine that this favorite-colored light is coming in through the top of your head and directing itself at the shape in your body. Let's pretend that the source of this light is the cosmos: The more you use, the more you have available. Allow this light to direct itself at the shape allow it to penetrate and permeate it, resonating and vibrating in and around it.

As it does, just notice what happens to the shape, size or color.

As the light continues to direct itself to that area, you can now allow the light to come in and gently and easily fill your entire head. Now allow it to descend through your neck, into your shoulders, and down your arms, into your hands and out your fingertips.

Now allow it to come down your neck and into the trunk of your body, easily and gently. Now allow it to descend through your hips and into your legs, streaming down your legs and flowing out your feet.

When you are ready, you may return to your awareness in the room.

## **5-4-3-2-1 Grounding**

This exercise pulls your focus back into the present moment

- Notice 5 things you see
- Notice 4 things you can feel
- Notice 3 things you can hear
- Notice 2 things you can smell
- Notice 1 things you can taste

## **Name & Describe**

This exercise is helpful when your thoughts feel loud

Silently say:

- Your name
- Your age
- Where you are
- What day it is
- Then describe one object near you in detail (color, shape, texture)

## **Temperature Grounding**

This exercise helps give you a quick body reset

- Hold something cold (ice, cold water bottle, frozen rag)
- Or splash cold water on your face
- Or hold something warm (mug of tea/coffee)

## Dropping Anchor (ACE Skill)

By Russ Harris

What is ‘Dropping Anchor’ and How Does It Help?

Dropping anchor is a very useful skill. You can use it for handling difficult thoughts, feelings, emotions, memories, urges and sensations more effectively; switching off auto-pilot and engaging in life; grounding and steadying yourself in difficult situations; disrupting rumination, obsessing and worrying; focusing your attention on the task or activity you are doing; developing more self-control; and as a ‘circuit-breaker’ for impulsive, compulsive, aggressive, addictive or other problematic behaviors.

NOTE: please don’t skip the A of ACE; it’s so important to keep acknowledging the thoughts and feelings present, especially if they are difficult or uncomfortable. If you skip the A, this exercise will turn into a distraction technique – which it’s not supposed to be.

What is involved?

Dropping anchor involves playing around with a simple formula:

- ACE
  - A: Acknowledge your thoughts and feelings. Silently and kindly acknowledge whatever is ‘showing up’ inside you: thoughts, feelings, emotions, memories, sensation, urges. Take the stance of a curious scientist, observing what’s going on in your inner world. Say something like “Here is anxiety” or “Here is the same dooms day thought.” And while continuing to acknowledge your thoughts and feelings . . . .
  - C: Come back into your body. Come back into and connect with your physical body. Find your own way of doing this. You could try some or all of the following, or find your own methods:
    - Slowly pushing your feet hard into the floor.
    - Slowly straightening up your back and spine; if sitting, sitting upright and forward in your chair.
    - Slowly pressing your fingertips together
    - Slowly stretching your arms or neck, shrugging your shoulders.
    - Slowly breathing
    - Note: you are not trying to turn away from, escape, avoid or distract yourself from what is happening in your inner world. The aim is to remain aware of your thoughts and feelings, continue to acknowledge their presence, and at the same time, come back into and connect with your body. In other words, you are expanding your focus: aware of your

thoughts and feelings, and also aware of your body while actively moving it. And while acknowledging your thoughts and feelings, and connecting with your body . . .

- E: Engage in what you're doing. Get a sense of where you are and refocus your attention on the activity you are doing. Find your own way of doing this. You could try some or all of the following suggestions, or find your own methods:
  - Look around the room and notice 5 things you can see.
  - Notice 3 or 4 things you can hear.
  - Notice what you can smell or taste or sense in your nose and mouth.
  - Notice what you are doing.

Ideally, run through the ACE cycle slowly 3 or 4 times, to turn it into a 2- 3 minute exercise. End the exercise by giving your full attention to the task or activity at hand.

Practice often!