

Anchoring Sequence

- 1. Awareness check:** body, emotions, thoughts, images
- 2. Meditative breath**
- 3. Belly breathing**
- 4. Image:** peaceful, calm, safe place (details)
- 5. Pick spot to sit/breathe in atmosphere.**
- 6. Notice body and emotional sensations. Breathe into them.**
- 7. Imagine a circle of _____(quality, desired state)
Recall memories, mirrors and models.**
- 8. Breathe in response from those in the circle.**
- 9. Step inside circle - breathe in atmosphere.**
- 10. Notice body and emotional sensations.**
- 11. Pick a cue word or phrase that helps you relate to all of this.**
- 12. Apply bilateral stimulation.**
- 13. Take a photo of entire scene and anchor it someplace in your body that feels open and receptive.** Take in image, body sensations, feelings, cue word.
- 14. Breathe into that place in your body.**
- 15. Practice upon waking and before going to sleep.**

