

## Exercise sheet

# ANCHORING

## HOW TO DETACH YOURSELF FROM EMOTIONAL SUFFERING?



## Mental techniques

- Tell yourself about a place, a date, a time, a first name, a last name, desires...
- Describe the environment names, shapes, numbers, colours, etc.
- Read something  
Say the sentences, words or letters
- Describe an activity in the smallest detail (e.g., cooking)
- Recite something slowly, e.g.: the alphabet, numbers, a sentence, a list
- Think of something funny  
e.g.: a memory, a joke, a film scene
- Games  
e.g.: list all the cities that start with B
- Imagine protecting yourself from evil  
e.g.: by a wall, guards, special powers
- Link the past to the present  
e.g.: think of successive birthdays

## Physical techniques

- Stretch as hard as you can:  
fingers, legs, arms, neck, etc.
- Feel the contacts with your body:  
clothes, chair, earth, etc.
- Cling to your chair  
as hard as you can
- Feel your breathing  
and repeat a word with each breath
- Have an object in your pocket,  
Touch it and detail its characteristics
- Touch other objects  
and detail their characteristics
- Stand on your heels  
and feel the weight pushing down on them
- Walk slowly and think left, right, etc.
- Jump or skip up and down and feel the  
weight, movement and contacts
- Put your hands underwater  
and feel it flow, not too long

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### Mental techniques

- Say reassuring things  
e.g.: It's a difficult time, it will pass
- Look at photos  
e.g.: of loved ones and other people you care about
- Think of a safe place  
and describe it in the smallest detail
- Think about favourite things  
e.g.: colours, dishes, series, artists
- Recite something inspiring  
e.g.: a song, poem, quote
- Say motivating things  
e.g.: I can overcome it, I'm strong
- Plan a reward  
e.g.: chocolate, a good meal, a hot bath
- Project yourself into the future  
e.g.: a film outing planned with a friend »)

Practice makes **perfect**:

**Often:** The More You Do It, The Better It Works.

**Quickly:** The Fewer Preliminaries, The Better It Works.

**Long:** The Longer You Do It, The Better It Works.

**Consciously:** The More You See The Benefits, The Better It Works.

**Originally:** The More Personalized The Techniques, The Better It Works.

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