

Exercise sheet

HOW TO REASSOCIATE ME?



- 1 The trigger
- 2 I take a break: I breathe, I calm down, I think of my safe place
- 3 I observe my thoughts without judging them
- 4 I calm down
- 5 I reconnect:
 - 5 senses: 5-4-3-2-1, perfume, strong candy ([take a look at the « grounding exercise 5-4-3-2-1 »](#))
 - I lower the temperature: I put cold water on my hands, face and neck
 - I do some strenuous exercise
 - I count backwards
 - I do a pleasant activity
 - I increase my sensations: I hold ice cubes in my hand
- 6 I connect with others
- 7 I accumulate positive emotions
- 8 I look after myself:

I watch my health, get sufficient sleep and a balanced diet, regular physical exercise, avoid addictions, encourage myself and clarify my values