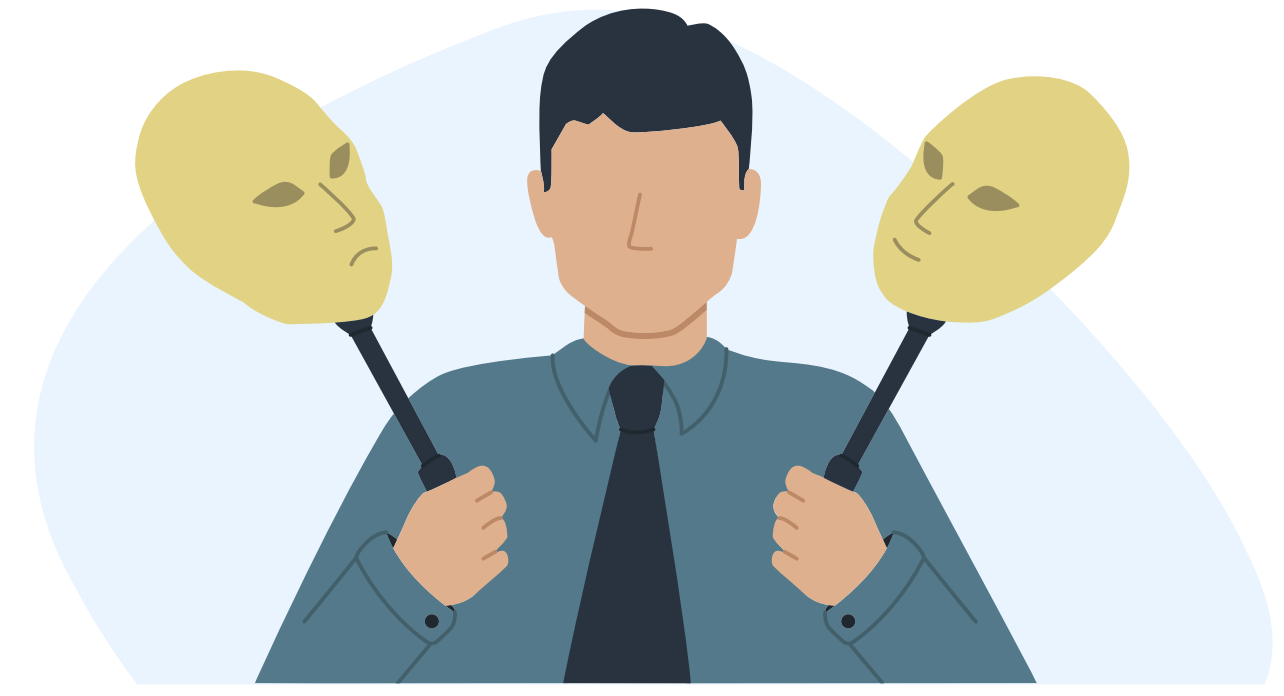


## Fiche Exercice

# DISSOCIATION, EXERCISE



### 1 TRIGGERING SITUATION

### 2 I'M TAKING A BREAK

I BREATHE, I CALM DOWN, I RELAX, I THINK OF MY SAFE PLACE

### 3 I OBSERVE MY THOUGHTS WITHOUT JUDGING THEM

### 4 I CALM MY THOUGHTS

### 5 REASSOCIATING :

5 senses: 5-4-3-2-1, perfume, strong candy

- I lower my facial temperature
- I exercise intensely
- counting down
- I do an activity
- I increase my sensations: I hold ice cubes in my hand, I drink very cold water, I listen to music, very loud, I squeeze something in my hand.

### 6 I CONNECT WITH OTHERS

### 7 I ACCUMULATE POSITIVE EMOTIONS

### 8 TAKING CARE OF MYSELF

- good health
- adequate sleep
- balanced diet
- regular exercise
- avoid addiction
- I encourage myself
- I clarify my values.