

## **Relaxation Techniques**

### **Spiral Technique**

*This is an imagery exercise and there is not any right or wrong responses.*

Bring up a slightly disturbing memory and/or take time to concentrate on the body sensations that accompany the current disturbance. When you bring up the memory/current disturbance, identify how it feels on a scale of 0-10 and notice where you feel it in your body. Concentrate on the feeling in your body and pretend the feelings are energy. If the sensation was going in a spiral, what direction would it be moving in, clockwise or counterclockwise?

Now with your mind, change the direction and move the spiral the opposite direction. Notice what happens with your body and sensations once it begins moving in the opposite direction.

If you are not able to move the spiral in the opposite direction or nothing happens when you do, *it is okay*, you may choose another technique to relax.

If this creates a calming, more peaceful feeling in your body, continue to practice this exercise. As your ability to get positive results increases, begin using increasingly more disturbing (higher on the scale of 0-10) images.

### **Breathing Shift**

Bring up a good, happy, or positive memory. Take a moment to notice your body sensations and then concentrate on where your breath is starting from and put your hand over that location in your body. Breathe a moment or two and really notice how it feels. Now bring up a memory with a low level of disturbance and notice how your breath changes. Put your hand over that new breathing location in your body. Move your hand to the previous location and deliberately change your breathing pattern accordingly. This should cause the disturbance to dissipate.

This is an exercise that needs to be practiced and reinforced to work effectively when you are experiencing disturbing feelings/sensations. Again, if after several practice sessions with this exercise you are not feeling the positive effects, you may want to try another technique.