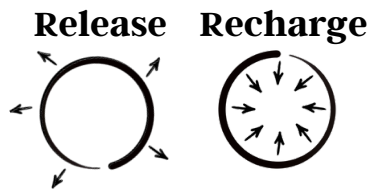


Anchor



Intention

This technique is designed as a grounding exercise, to help connect with the present in a more real and positive way. It involves 2 main elements; 1) a focus to use as the Anchor and 2) an ability to connect with feeling safe in the immediate present (environment). The 2nd element makes this something that is often easier to develop in an environment like therapy or group, but the Resource can be expanded to be used anywhere as it becomes easier to connect with feeling secure and safe in the immediate present.

Focus

The focus (or **Anchor**) can be several different things related to the current environment.

- A **General Picture**, Image, of specific Visual more unique to the current environment (For example: table and chairs, doors, wall decorations)
- A **Specific Sensation** or combinations of Sensations more unique to the current environment (For example: taste of coffee/flavored water, people talking or eating, smell of flowers or candles)
- A **Totem** in the form of an item or object that you own and is easy to carry with you (For example: Piece of jewelry/item of clothing, Fidget toy, notebook, or really anything)*

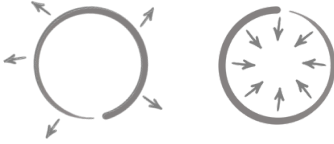
Environment

When in Therapy or Group, the Focus is paired with the positive aspects of the present being a currently real, understanding, accepting environment. When using Anchor in other places, it is most useful when being used to “step away” from distressing or overwhelming past memories and experiences, focusing instead on the safety and security present due to lack of current threats/dangers in the environment.**

* With a Totem, it is much more effective when previously paired or already associated with positive experiences/environments. (ie. Feelings of being Safe and Secure)

** Anchor will be much less effective if there are real (or perceived) threats/dangers in the current environment. Creating physical distance might be an important first step to using Anchor as an effective Resource

Anchor



Intuition

Identify

- **CHOOSE** a Picture, Sensation, or Totem as an **ANCHOR** to the immediate present.

Enhance

- **FOCUS** on the **ANCHOR**, experiencing and describing it in as much detail as possible.

Connect

- **NOTICE** any **POSITIVE** emotions and sensation associate with the **ANCHOR** and its connection to the immediate present (a **SAFE** and **SECURE** environment)

Tap/Walk-in

- **TAP/WALK-IN** all **POSITIVE** emotions and sensations you notice as you focus on your **ANCHOR** and how it connects you to the currently **SAFE** and **SECURE** environment.

Repeat/debrief

- **REPEAT** as many times as you would like as long as you continue to feel **MORE PRESENT**, or until it feels like it has been enough/stops being positive.

