**[Anchoring Practice](https://www.dropbox.com/s/f1pp6zw5wn4u9vm/Anchoring%20Practice.m4a?dl=0) (~4.25 minutes long)**:

There’s something very painful or difficult showing up for you right now *(specifically name it if the patient has told you specifics)..*. I can see how much you’re struggling with it; how difficult it is for you. And I want to invite you to follow these instructions, because it’s important to me to help you handle these thoughts, emotions and bodily sensations, which is important to you.

Okay. First, sit down, or if you’re already sitting, straighten your back and uncross your legs... Now, push your feet *hard* into the floor. You may need to sit forward to do this well. Push them down so you can *feel the firm and stable ground beneath you*… And, *feel* whatever you are sitting on beneath you… and, really notice your back supporting you, taking a moment to again sit forward and straighten your back, as needed… Now press your hands together…… And, press your fingertips together. As you do this, gently move your elbows and your shoulders… *Feel* your arms moving, all the way from your fingers to your shoulder blades. Take a moment to acknowledge *there’s a lot of pain here that you’re struggling with*… you didn’t ask for it … yet, here it is… and it’s challenging… and it’s difficult… and you want it to go away… and yet *it’s not going*... Silently acknowledge to yourself the type of pain it is … For example, say to yourself “Here’s sadness” or “Here’s anxiety or fear” or “Here’s a painful memory” (*If the therapist knows what the pain is, they can specifically mention it*).

Now notice that as well as this pain, *there’s also* a body around that pain – *a body that you can* *move* and *control*. Straighten your back again, and notice your *whoooole body*… your hands… your arms… your head and scalp... your chest and belly… your legs…. your feet, that are firmly *anchored* to the floor… gently move these parts of your body, and *feel* them moving … (~3 second pause) Now, have a good stretch … (~5 second pause) And, really *notice* your muscles stretching ……… (~10 second or more pause)

Press your feet down once again and feel the floor… Now, look around the room – up, down… and side to side… And notice five things that you can see… (~3 second pause) And also notice three or four things you can hear – sounds coming from me or from you or the room around you or outside. And also notice you and I, working right now, together, as a team. So let’s get to work, doing important things.

*If the patient remains distressed, keep going:* E.g., So notice, there’s something very painful here that you’re struggling with, and at the same time see if you can also notice your body in the chair … and again, gently move that body, have a stretch... take control of your arms and legs. And also notice the room around you. And also notice you and I here now, working together as a team.

Attention: Continue until grounded, then move to Taking Action strategies (or Open Up as indicated). If time, can follow the exercise by asking questions such as:

* Do you notice any difference now? Are you less caught up in the emotional storm? Are you less impacted by these difficult thoughts and feelings? Are you less ‘swept away’ by the storm? Are you less ‘pushed around’ or “jerked around by these feelings?
* Is it easier for you to engage with me, to be present, to focus?

Do you have more control over your actions now - over your arms and legs and mouth? Check it out, move your arms and legs, have a stretch; do you notice you have control?