

Taming The APE Exercise

The following exercise can be used to notice internal thoughts, feelings and sensations without resistance or judgement, to ground yourself and establish stability before automatically reacting to the trigger or situation; to engage in the now and act according to your values.



A

Acknowledge: What do I notice about my automatic thoughts, emotions, images, memories and behavioural urges? Can I notice and acknowledge my thoughts and feelings as an observer without judgement or criticism?

P

Physicalise: What do I notice about the associated body sensations? Where are these thoughts and feelings experienced in the body – hard/soft, hot/cold, still/moving, rough/smooth, heavy/light, colour and intensity.

E

Engage: If I use my five senses – What can I see, hear, feel, smell and taste right now? Shift my focus from internal feelings to the external environment; connect with my values.