

Exercise 27 - Taming the APE – An Anchoring Exercise

The following exercise is used to promote emotional stability. Step back and notice internal thoughts, feelings and sensations before re-connecting with your situation or environment.



A

Acknowledge: What do I notice about my automatic thoughts, emotions, images, memories, behavioural urges or impulses?

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 the mind and body to the external world.