



DROPPING ANCHOR

DR. RUSS HARRIS

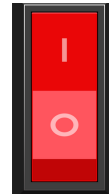
HANDLE DIFFICULT THOUGHTS,

feelings, emotions,
memories, urges,
and sensations more



SWITCH OFF AUTOPILOT

and engage in life;
ground and steady
yourself in difficult situations.



FOCUS YOUR ATTENTION

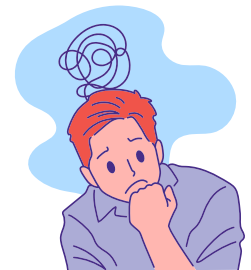


on the task or activity you
are doing; develop more
self-control



DISRUPT RUMINATION

Obsessing and worrying



**Drop Anchor in the middle
of any kind of emotional
'storm':**

- Flashbacks
- Panic attacks
- Chronic pain

To support and hold you steady, so
you don't get swept away,
allowing time for the storm to pass.
To bring your focus back to what's
important to you right here and now.

WHAT IS INVOLVED?

DROPPING ANCHOR
involves playing around with A-C-E:

A

ACKNOWLEDGE
your thoughts and feelings

C

COME BACK
into your body

E

ENGAGE
in what you are doing

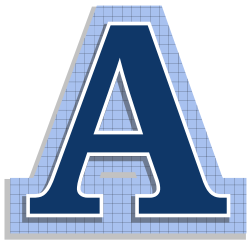


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ACKNOWLEDGE YOUR THOUGHTS AND FEELINGS



Adopt the stance of a scientist, curiously observing what's going on in your inner world.

Silently and kindly acknowledge whatever is 'showing up' inside you:

- Thoughts - Feelings - Emotions
- Memories - Sensation - Urges.

COME BACK INTO YOUR BODY

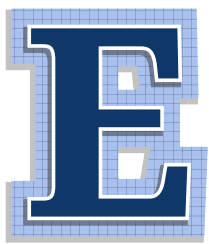


You aren't trying to turn away from, avoid, escape, or distract yourself from what is happening in your inner world.

Come back into and connect with your physical body. • You could try some or all of these:

- Slowly push your feet hard into the floor -
- Slowly straighten up your back and spine; if sitting, sitting upright and forward in your chair. -
- Slowly press your fingertips together -
- Slowly stretch your arms or neck, shrug your shoulders. -
- Slowly breathe.

ENGAGE IN WHAT YOU ARE DOING



Try all or some of these suggestions, or try your own.

End the exercise by giving your full attention to the next task or activity at hand.

Get a sense of where you are and refocus your attention on the activity you are doing. In your surroundings, notice:

- 5 things you can see - 4 things you can hear - 3 things you are touching - 2 things you can smell - 1 taste in your mouth.

IDEALLY, RUN THROUGH THE A»C»E CYCLE SLOWLY 3 OR 4 TIMES, TO TURN IT INTO A 2- 3 MINUTE EXERCISE:

You can practice these kinds of exercises, any time, any place. It's a good idea to practice them often in less challenging situations, when your thoughts and feelings are less difficult, so you can build up your skill levels. Over time, the idea is to use this in more challenging situations, when your thoughts and feelings are more tricky and can more easily overwhelm us.