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GROUNDED AND CENTERED

Based on the work of John Preston, PhD

You are standing at the water's edge on a sunny day and the water is lapping at your toes. Feel the feet digging into the sand. Really feel it. Now become aware of a physical sensation in the extremity that lets you know you are grounded and centered: warmth, tingling, heaviness in the arms or legs. Say to yourself "When my (arms or legs) are (heavy, warm, tingling), I am grounded and centered.

Now bring up what's upsetting you. Pay attention to what that feels like in the trunk of the body. Now bring back the sensation of the extremities at the water's edge. Say to yourself, "When my (chest, stomach) is (tight, churning, heavy, etc), I am grounded and centered."

Yeah!!! You've just contained your raging emotion!!