



Distinguish Past and Present

Instructions

This exercise can help survivors to calm down and deal with overactivation. Recall a mildly unpleasant incident, when you were a little anxious, restless or ashamed. What do you notice in your body? What happens in the muscles? What happens in the stomach? How does your breathing change? Does your heart rate accelerate or decelerate? Do you become hotter or colder? If there are changes in temperature, do they occur everywhere or in specific parts of your body?

- Now turn your attention back to the room you are in. Notice the color of the wall. Notice details of decoration. What is the temperature? What do you smell?
- Does your breathing change when your attention changes?
- Now try to pay attention to your current surroundings while remembering the mildly unpleasant event. Can you keep your attention on where you are physically now, while remembering the event?
- End this exercise with your attention focused on your current surroundings.