



## Re-orienting to the present (10 minutes)

### Instructions

This exercise is of help to survivors in 'freeze-mode', who feel numbed and frozen.

Form pairs and sit together. One of the pair should play a helper and the other a survivor. The Helper should assist the Survivor to use her senses to put herself fully in the present and feel safe. Take turns.

- Look round you and name 3 things you see.
- Look at something (an object, a colour, etc.) Tell yourself what you are seeing. Name 3 things you hear.
- Listen to a sound (music, voices, other sounds).
- Tell yourself what you are hearing. Name 3 things you touch.
- Touch something (different textures, different objects).
- Tell yourself what you are touching. Now, notice your state of mind.
- Do you feel that you are more present in the room or less present after doing the exercise?
- Do you feel calmer or more energised?

