

The Anchor (Safe Place)

Imagine you are faced with something that you understand will be activating for you (eg: Doctors waiting room or the dentist chair). This tool allows you to imbed a Safe Place in your mind that you can escape to temporarily to endure something you may otherwise find difficult and achieve a more grounded experience.

An Anchor can be a **Place, Person or Activity**. Preferably a real one rather than imagined as it makes it a stronger Anchor.



- VAKOG: all sensory channels

What do I see?

What do I hear?

What do I feel? Through my feet? What am I touching? On the skin of my face? In my body?

Is it cold, cool, warm, hot? Is there a breeze on my face?

What do I taste?

What do I smell? (smell is often powerfully linked to memory)

- Important preliminary work for stabilisation
- Anchor bilaterally (see Butterfly Technique)
- Homework: Regular practise over weeks to imbed this mental space

