COLETTE BARON-REID'S
INVISION PROCESS

Naming or Counting Exercise

Whenever you feel stirred up and unable to focus on the present this is a highly effective exercise.

Ask yourself to describe all the emotions you are feeling and write them down. For example you may be feeling • anger • rage • dislike • loss of power • fear of the future • frustrated • confused • lost • sad • depressed • isolated

Now without discussing the emotions begin to count and name everything out loud that you see in your physical surroundings. For example:

1. I see a bookshelf
2. I see a brown wood floor
3. I see a red chair
4. I see an empty dog bed
5. I see a desk
6. I see a desk lamp
7. I see a Mac computer
8. I see yellow walls
9. I see white French doors
10. I see a dresser
11. I see pens and pencils

Next, ask yourself to notice and name more specific details such as the names of the books on the bookshelf. The colors of their bindings or the number of knobs on a dresser or the number and color of the pens and pencils.

After you do this for a few moments, ask yourself, How do I feel now? The answer is most likely, calm. Most certainly it will be calmer than before. Notice that wherever you were before mentally you are no longer " there" anymore.

Do this for yourself, whenever you feel out of the "now", name and count everything you're surrounded by one by one. Doing so disengages the emotional experience and

shifts the brain's function into the left brain which is responsible for linguistics, object recognition and math. We disrupt the pattern of emotion and past- future displacement and bring ourselves back into the immediate present.

You can do this exercise in any physical environment you find yourself in. It is most powerful if you say things out loud, but you can also do it in your mind if you find yourself in a stressful situation where verbalizing what you see isn't appropriate, such as in a meeting or at a gathering.

Give it a try, you'll be amazed at how quickly it brings you back to the present and helps regulate your nervous system.