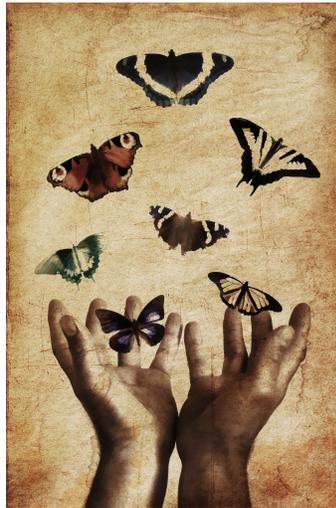


The Butterfly Hug A Self-Soothing Tool

- Sit with your back straight.
- Breathe: Take even, calm breaths.
- Observe and notice what is happening in your mind, emotions and body as you would observe clouds in the sky.
- Cross your hands over your chest so that the middle finger of each hand is placed below your collarbone. The rest of your fingers will touch your upper chest. You can interlock your thumbs if this is comfortable.
- Alternate the movement of your hands, right, left, simulating the flapping wings of a butterfly.
- Alternately, you can cross your arms and slowly rub your hands up and down along your upper arms.
- Continue to breathe slowly and deeply, observing whatever is going through your mind and body (thoughts, images, sounds, odors, emotions and physical sensations) and remind yourself that you are safe, and you are okay. This may be a moment of suffering but you will move through it.



The butterfly is an ancient symbol of transformation. As you use this simple tool, you are facing, rather than avoiding conflict. Whenever you stop avoiding, you raise your level of awareness. As you do this, you are empowering yourself and calming yourself all at the same time.