

STUDENT ACTIVITY PRINTOUT

Activity L1:2

Reflect, sketch and anchor

Class Discussion: Reflect

Recall a time or identify a moment in your life where you felt proud of yourself because you faced one of your fears or you did not allow feelings of shame to hold you back. Think about a time when you backed yourself, surprised yourself in a good way and felt really good afterwards. If you cannot recall this for yourself, can you identify a moment for someone else you know?

Sit with that memory for another few moments. Immerse yourself in what you can see, hear, smell, feel.

Activity 1.2 Sketch

Open the next page of your Mindful Mastery Journal and sketch and reflect. You can also jot down any words that come to mind.

What image comes to mind?

Where are you?

What are you doing?

What emotions do you feel when you reflect on this moment or situation?

Were you feeling confident, brave, sympathetic, joyful, relaxed, proud, energetic, satisfied, relieved, hopeful, pleasantly surprised, articulate?

What strategies, if any, did you use to help you through the fear?

What words would you use to describe what you learned about yourself?

Your words might describe a skill you acquired or a personal strength you felt after this moment. Were there other people there?

How do you think the other person or people felt?

Anchor

You can practice anchoring a good feeling by using a trigger to recall positive feelings. This week explore triggering your memory in times of anxiety, stress or fear. Think of the feelings, join your thumb and little finger together and inhale deeply through your nose – as if you are inhaling all those good feelings. Immediately, release the finger, the breath and the memory. 'Programming' feelings like this is based on repetition so to make it truly work keep doing it!

Look at your sketches now, close your eyes and practice tapping to anchor the memory to recall through the week.

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