

SPIRAL TECHNIQUE

Identify sensations in the body that accompany the disturbance

- Where are the sensations located?
- How would you describe the sensations? (Temperature, texture, movement, color, density, sound, image, etc.).
- How disturbing are the sensations/feelings to you on a 1-10 scale?

Concentrate on the feelings in your body. Pretend the feelings and sensations are energy. If the sensations were going in a spiral, what direction would it be moving in, clockwise or counterclockwise?

Now with your mind, let's change the direction of the movement so that the spiral is rotating the other way. Just notice what happens as it moves in the opposite direction.

What happens?

How disturbing are the sensations/feelings to you on a 1-10 scale?