

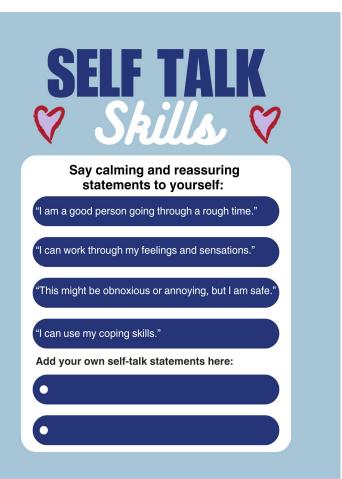






8 sessions from 5 - 19 minutes







LOOK AROUND

Look away from what is distressing you to something neutral, like the ceiling or the floor, or someone's blue jacket. Mentally describe the neutral object in detail until you are calmer. For example, challenge yourself to think of specific colors, such as crimson, burgundy, indigo, or turquoise, instead of simply red or blue. You may want to bring something with a vibrant color to use for this technique. You can also let your eyes gaze steadily at a point or object for 20 seconds. Still eyes, still mind. If you want to look at the presentation of something distressing, look only briefly or half close your eyes to limit the intensity. Then look back at the neutral or soothing object.

