

SELF-SOOTHING TOUCH SCRIPT

Self-Soothing Touch is a calming practice that involves gently placing or moving your hands on your body to promote relaxation and emotional comfort.

Here are the steps of the Energy Flow® Self-Soothing Touch exercise:

1. Sit or lie down in a comfortable position where you feel supported.
2. Gently place one hand on your chest and the other on your belly or heart area.
3. Slowly rub your chest in a circular motion or gently pat your chest, focusing on the sensations of touch.
4. Alternatively, stroke your arms, massage your shoulders, or gently rub the back of your neck, experimenting with different pressures or motions to find what feels most soothing.
5. Pay attention to how your body responds and continue breathing deeply while maintaining the touch.

Reflection questions:

1. What sensations did you notice in your body while performing the Self-Soothing Touch exercise?
2. How did your mind and body respond to the soothing touch throughout the practice?

3. What emotions or thoughts arose during the exercise, and how did you manage them?