Spiral Technique

Focus on getting as comfy as you can. Whatever position works for you

When you are ready, close your eyes.

Most people find it helpful to close their eyes during meditation but others may find that closing their eyes increases anxiety

If this is the case for you, you can just keep a soft unfocused gaze at a spot in front of you

Again, I want you to draw attention to your breath, just notice it, is it fast or slow? deep or shallow?

Let’s now breathe with some intention. Nice slow breathe in through your nose and out through your mouth.

Settling into your body with each breath

Identify in your mind something that is upsetting or disturbing you right now. It could be a current life situation, something you are worried about or a memory that you find disturbing or upsetting to you

I would suggest that you don’t pick something that is so disturbing that you become dysregulated or over activated

If we were going to rate it on a SUDS scale, Subjective Units of Distress Scale 0-10

Please pick something that is a 4 or 5 or lower

Once you have identified your thing, I want you to identify any body sensations that accompany this disturbance anywhere in your body.

Any tightness, pressure, looseness, hot, cold, Anything at all. There are no right or wrong answers

Now I want you to concentrate on this feeling in your body. Whatever it is and whatever it is like

WE are going to pretend that feelings are energy

And this energy is going to be moving in a spiral, what direction would it be spinning ? Would it be spinning in a clockwise direction or a counter clockwise direction?

Now with your mind, I want you to change the direction that the spiral is spinning. I want you take however much time you need. Use your mind to spin the spiral in the opposite direction

Take however much time you need

It may happen easily or may be a struggle.

JUST NOTICE WHAT HAPPENS IN YOUR BODY AND YOUR MIND AS THE ENERGEY MOVES IN THE OPPOSITE DIRECTION

For many people when they start to move the energy in the opposite direction will experience a decrease in distress or a complete absence of distress

Now let’s measure our level of distress or upset on our SUDS scale 0-10. What is it now?

It is okay if it doesn’t take it from a 5 to a zero, if you get to a 2 you have decreased your upset by over 50%

This visualization process can help decrease your stress around certain events and now that you know this technique it is something that you can use whenever you need it.

Now slowly come back into the room, hopefully feeling a bit better than when you started.