



**Growing a Grounded Centered Self:
Safely Exploring Our Feeling Selves
and
Experiencing Emotions**

9:30am - 10:25am

Part 1) Review The Structure and Activities of The Workshop As a Whole (5 minutes)

<i>Activity</i>	<i>Emotional Activation</i>	<i>Emotional Regulation</i>	<i>Write</i>	<i>Share/Talking</i>	<i>Sitting</i>	<i>Listening</i>	<i>Reading</i>	<i>Physical Moving Around</i>	<i>Solo Activity</i>	<i>Group Activity</i>	<i>Focused Attention</i>	<i>Inter-active</i>	<i>Facial Express</i>	<i>Body Posture</i>	<i>Make Sound</i>	<i>Self Soothe</i>	<i>Guided Meditation</i>	<i>Sing</i>	<i>Dance</i>
<i>Intended Design and Structure of The Workshop As a Whole</i>					X	X	X			X									
<i>Review Entire List of Workshop Activities</i>					X	X	X			X									

Part 2) In The Service and Spirit of Safety (50 minutes)

<i>Activity</i>	<i>Emotional Activation</i>	<i>Emotional Regulation</i>	<i>Write</i>	<i>Share Talk</i>	<i>Sitting</i>	<i>Listen</i>	<i>Reading</i>	<i>Physical Moving Around</i>	<i>Solo Activity</i>	<i>Group Activity</i>	<i>Focused Attention</i>	<i>Inter-active</i>	<i>Facial Express</i>	<i>Body Posture</i>	<i>Sound</i>	<i>Self Soothe</i>	<i>Guided Meditation</i>	<i>Sing</i>	<i>Dance</i>
<i>Some Options for Sharing and Participation</i>				X	X	X	X			X									
<i>Other Options for Sharing...</i>			X	X	X	X				X		X							
<i>Create a Group Participation Agreement</i>			X	X	X	X	X			X		X							
<i>Discuss Expectations and Ask Questions</i>	X	X		X	X	X				X		X							
<i>Fears and Desires</i>	X		X	X	X	X	X			X		X							
<i>Explore your experience of being unsafe and safe</i>	X		X	X	X	X	X			X		X							
<i>What To Do If Feeling Unsafe Or Triggered</i>	X		X	X	X	X	X			X		X							
<i>Making a Safety Commitment</i>	X	X	X	X	X	X	X			X		X							
<i>Discuss Expectations and Ask Questions</i>	X	X		X	X	X				X		X							

10:25am - 10:30am

Break (5 minutes)

10:30am - 11:00am

Part 3) Prayer for Creating Sacred Space (5 minutes)

Activity	Emotional Activation	Emotional Regulation	Write	Talking	Sitting	Listening	Reading	Physical Moving Around	Solo Activity	Group Activity	Focused Attention	Inter-active	Facial Express	Body Posture	Make Sound	Self Soothe	Guided Meditation	Sing	Dance
Read Prayer Aloud and Repeat - while saluting South, West, North, East	X	X		X		X	X	X		X	X	X			X		X		

Part 4) Introduction to the 9 human senses (15 minutes)

Activity	Emotional Activation	Emotional Regulation	Write	Share Talk	Sitting	Listen	Reading	Physical Moving Around	Solo Activity	Group Activity	Focused Attention	Inter-active	Facial Express	Body Posture	Sound	Self Soothe	Guided Meditation	Sing	Dance
Try out each of the senses	X				X		X		X	X	X								
See, hear, touch, smell and feel - Explore the physical space in which the workshop is occurring	X					X	X	X		X	X								
Write down your perceptions using the 9 human senses			X		X				X										
Check in with how your are feeling in your body		X	X			X			X		X								
Share your perceptions of the object, the space, and your body. Share how you felt doing the exercise.				X	X					X									

Part 5) Grounding Exercise Using Focused Attention on Sensations- Feet, Seat and Back (10 minutes)

Activity	Emotional Activation	Emotional Regulation	Write	Share Talk	Sitting	Listen	Reading	Physical Moving Around	Solo Activity	Group Activity	Focused Attention	Inter-active	Facial Express	Body Posture	Sound	Self Soothe	Guided Meditation	Sing	Dance
Focus on sensations in feet, ankles, thighs, bottom and back		X			X	X			X		X			X			X		
Quick share how body feels after meditation		X		X	X	X				X									

11:00am - 11:15am

Break (15 minutes)

11:15am - 11:45am

Part 6) Bringing Energy Into the Body - Do The Hokey Pokey (2 minutes)

<i>Activity</i>	<i>Emotional Activation</i>	<i>Emotional Regulation</i>	<i>Write</i>	<i>Share Talk</i>	<i>Sitting</i>	<i>Listen</i>	<i>Reading</i>	<i>Physical Moving Around</i>	<i>Solo Activity</i>	<i>Group Activity</i>	<i>Focused Attention</i>	<i>Inter-active</i>	<i>Facial Express</i>	<i>Body Posture</i>	<i>Sound</i>	<i>Self Soothe</i>	<i>Guided Meditation</i>	<i>Sing</i>	<i>Dance</i>
<i>Sing and Dance while Doing The Hokey Pokey</i>	X							X		X					X			X	X

Part 7) The Role of Our Emotions (1 minute)

<i>Activity</i>	<i>Emotional Activation</i>	<i>Emotional Regulation</i>	<i>Write</i>	<i>Share Talk</i>	<i>Sitting</i>	<i>Listen</i>	<i>Reading</i>	<i>Physical Moving Around</i>	<i>Solo Activity</i>	<i>Group Activity</i>	<i>Focused Attention</i>	<i>Inter-active</i>	<i>Facial Express</i>	<i>Body Posture</i>	<i>Sound</i>	<i>Self Soothe</i>	<i>Guided Meditation</i>	<i>Sing</i>	<i>Dance</i>
<i>Read quote , indicate agreement or disagreement</i>	X						X		X										

Part 8) Needs and Feelings Inventory (7 minutes)

<i>Activity</i>	<i>Emotional Activation</i>	<i>Emotional Regulation</i>	<i>Write</i>	<i>Share Talk</i>	<i>Sitting</i>	<i>Listen</i>	<i>Reading</i>	<i>Physical Moving Around</i>	<i>Solo Activity</i>	<i>Group Activity</i>	<i>Focused Attention</i>	<i>Inter-active</i>	<i>Facial Express</i>	<i>Body Posture</i>	<i>Sound</i>	<i>Self Soothe</i>	<i>Guided Meditation</i>	<i>Sing</i>	<i>Dance</i>
<i>Using the feeling and needs wheels pick need(s) or feeling(s) you have had, have trouble with in yourself or others, don't want to have or wish to have</i>	X		X				X		X										

Part 10) Feeling Floor Check (20 minutes)

<i>Activity</i>	<i>Emotional Activation</i>	<i>Emotional Regulation</i>	<i>Write</i>	<i>Share Talk</i>	<i>Sitting</i>	<i>Listen</i>	<i>Reading</i>	<i>Physical Moving Around</i>	<i>Solo Activity</i>	<i>Group Activity</i>	<i>Focused Attention</i>	<i>Inter-active</i>	<i>Facial Express</i>	<i>Body Posture</i>	<i>Sound</i>	<i>Self Soothe</i>	<i>Guided Meditation</i>	<i>Sing</i>	<i>Dance</i>
<i>Using the feeling and needs inventory go and "stand on or near" the feeling that best describes your response to questions</i>	X			X		X		X		X		X							

11:45am - 12:15pm

Part 11) Getting Into the Body - Activating Energy by Moving (2 minutes)

Activity	Emotional Activation	Emotional Regulation	Write	Share Talk	Sitting	Listen	Reading	Physical Moving Around	Solo Activity	Group Activity	Focused Attention	Inter-active	Facial Express	Body Posture	Sound	Self Soothe	Guided Meditation	Sing	Dance
Making Faces, Making Sounds, Stretching, Shaking, and Breathing, Stamping And Tramping	X							X		X			X	X	X				

Part 12) Non -Verbal Expression with Intensity / Mirroring by one, a few, some, or all (10 minutes)

Activity	Emotional Activation	Emotional Regulation	Write	Share Talk	Sitting	Listen	Reading	Physical Moving Around	Solo Activity	Group Activity	Focused Attention	Inter-active	Facial Express	Body Posture	Sound	Self Soothe	Guided Meditation	Sing	Dance
Expressing with intensity show emotions - using body language, non-verbal sounds and gestures - may invite others to mirror, may invite others to moderate intensity	X							X		X		X	X	X	X				

Part 13) Verbal Expression with Intensity, Mirroring for Validation and Completion (15 minutes)

Activity	Emotional Activation	Emotional Regulation	Write	Share Talk	Sitting	Listen	Reading	Physical Moving Around	Solo Activity	Group Activity	Focused Attention	Inter-active	Facial Express	Body Posture	Sound	Self Soothe	Guided Meditation	Sing	Dance
Say out loud how your feelings and what you want / need.	X							X		X			X	X	X				
Allow others, to mirror (say back to them with words and posture) exactly what has been expressed (either painful feelings or what is wanted and needed) to be validated and to complete the feeling.	X							X		X		X	X	X	X				

Part 14) Self-Holding and Self Soothing (3 minutes)

Activity	Emotional Activation	Emotional Regulation	Write	Share Talk	Sitting	Listen	Reading	Physical Moving Around	Solo Activity	Group Activity	Focused Attention	Inter-active	Facial Express	Body Posture	Sound	Self Soothe	Guided Meditation	Sing	Dance
Placing hands on self and saying affirmations		X						X		X				X		X	X		

12:15pm - 12:30pm

Part 15) Group Discussion – Identifying and how was it for you (10 minutes)

<i>Activity</i>	<i>Emotional Activation</i>	<i>Emotional Regulation</i>	<i>Write</i>	<i>Share Talk</i>	<i>Sitting</i>	<i>Listen</i>	<i>Reading</i>	<i>Physical Moving Around</i>	<i>Solo Activity</i>	<i>Group Activity</i>	<i>Focused Attention</i>	<i>Interactive</i>	<i>Facial Express</i>	<i>Body Posture</i>	<i>Sound</i>	<i>Self Soothe</i>	<i>Guided Meditation</i>	<i>Sing</i>	<i>Dance</i>
<i>Share about the entire process (what they liked, didn't like, wanted more of, wanted less of) and what came up throughout</i>				X	X	X				X									

Part 16) We're Climbing Sunshine Mountain (3 minutes)

<i>Activity</i>	<i>Emotional Activation</i>	<i>Emotional Regulation</i>	<i>Write</i>	<i>Share Talk</i>	<i>Sitting</i>	<i>Listen</i>	<i>Reading</i>	<i>Physical Moving Around</i>	<i>Solo Activity</i>	<i>Group Activity</i>	<i>Focused Attention</i>	<i>Interactive</i>	<i>Facial Express</i>	<i>Body Posture</i>	<i>Sound</i>	<i>Self Soothe</i>	<i>Guided Meditation</i>	<i>Sing</i>	<i>Dance</i>
<i>Sing "We're Climbing Sunshine Mountain" till all are picked</i>								X		X								X	X

Part 17) Closing the Circle and Serenity Prayer (2 minutes)

<i>Activity</i>	<i>Emotional Activation</i>	<i>Emotional Regulation</i>	<i>Write</i>	<i>Share Talk</i>	<i>Sitting</i>	<i>Listen</i>	<i>Reading</i>	<i>Physical Moving Around</i>	<i>Solo Activity</i>	<i>Group Activity</i>	<i>Focused Attention</i>	<i>Interactive</i>	<i>Facial Express</i>	<i>Body Posture</i>	<i>Sound</i>	<i>Self Soothe</i>	<i>Guided Meditation</i>	<i>Sing</i>	<i>Dance</i>
<i>Thank all of the Winds and Spirits</i>				X		X		X		X									
<i>Say the Serenity Prayer</i>				X						X									

The Intended Design and Structure of the Workshop as a Whole

This workshop is designed and structured to provide everyone with the opportunity to explore, express and act out sensory perceptions and emotional states (emotions and feelings) in a supportive, accepting and safe environment.

The activities are designed to make emotion explicit: moving emotions from the inside to the outside and to move the experience of our emotional states from unconscious to conscious; to experience safety while expressing emotions; to allow our emotions to be visible; and to practice modulating the intensity of emotional expression and experience.

*My intention and hope is that everyone achieves a greater understanding, experience and “knowing” of their own emotional selves and experiences acceptance and validation – from self and from others – of their emotional selves. Most of the activities are designed to be **Emotionally Activating**; to open and awaken the emotional self and let emotional energy move around freely.*

Some of the activities involve writing, some involve sharing and talking, some involve singing, some involve moving around dancing and grouping together, others involve movements, facial expressions, speaking aloud, making sounds and adopting body postures related to emotional expression. Some of the workshop activities are interactive and outwardly focused, everyone who wants to may choose and have the opportunity to interact with others in concert (we are doing similar things and may feel similarly or differently) and in parallel (we are doing different things and may feel similarly or differently from each other), and to receive and give non-judgmental, accepting and validating support verbally and non-verbally. Some are self and inwardly focused.

*“Cool downs” and grounding practices include guided meditation, focused attention movement, sound and self-soothing touch. The intention is to practice **Emotional Regulation**; supporting and regulating the intensity of emotional experience and remaining comfortable and safe. I believe remaining present and embodied supports being more open and available to your emotional experience.*

It is my hope and intention is that everyone takes 100% responsibility for their feelings and reactions and to participate as fully as possible in creating and maintaining a safe, supportive and accepting physical and emotional space.

In The Service and Spirit of Safety
(50 Minutes)



Activities:

As A Group Review: Options for Sharing and Participation and Asking for What you Want and Need

As A Group: Create a Group Participation Agreement

Discuss Expectations and Ask Questions - Is there anything you'd like to know before we continue?

Write and Share: Your Fears and Desires

Write and Share: Your Experience of Being Unsafe and Your Experience of Being Safe

Write and Share: What to Do If Feeling Unsafe or Triggered

As A Group: Create a Safety Document

Recap As A Group: Safety Commitment - In the Service and Spirit of Safety as a Group We Agree To Do the Following and Avoid the Following for the Duration of this Workshop

Discuss Expectations and Ask Questions - Is there anything you'd like to know before we continue?

Some Options for Sharing and Participation and Asking for What you Want and Need

Some OPTIONS for sharing

- ✓ *I want to share*
- ✓ *I not sure if I want to share and I want to take some time to decide if (or what) I want to share*
- ✓ *I don't know if I want to share and I don't want to know - I'm willing to share that*
- ✓ *I know I don't want to share and I choose to not share - I pass*
- ✓ *I need to leave*

Some OPTIONS for participating

- ✓ *I want to participate*
- ✓ *I want to watch first and only participate a little after I get more comfortable*
- ✓ *I just want to be in proximity (just watch and not participate)*
- ✓ *I want to participate but leave the room and come back when I feel more comfortable*
- ✓ *I don't want to participate and want to leave the room for the duration of the activity*
- ✓ *I'm done, I'm leaving and won't be back*

Some OPTIONS for Asking for What you Want and Need

- ✓ *You are responsible for asking for what you want and need*
- ✓ *You commit to be respectful and gentle when asking*
- ✓ *You commit to being gentle and respectful when saying no*
- ✓ *You commit to respecting another's no*
 - ✓ *You have the right to say no or pass if you feel uncomfortable*
 - ✓ *You have the right to stay in the room and just watch*
 - ✓ *You have the right to leave for the duration of an activity*
 - ✓ *You have the right to ask for what you want and need*
 - *more or less physical space*
 - *specific types of feedback (validation only, praise, acknowledgement of being heard only, mirroring)*
- ✓ *You have the right to moderate the intensity of your experience (by moving closer or further away, by covering your ears)*
- ✓ *You have the right to ask for more (another turn, to try something again)*

Other options that are very important to you - not covered above

OPTIONS for sharing

OPTIONS for participating

OPTIONS for Asking for What you Want and Need

SHARE (READ ALOUD) YOUR LIST IF YOU ARE WILLING TO

Create a Group Participation Agreement:

Go through each section above and take a group conscious to agree on options for sharing, participating and asking for wants and needs to be met - write down the agreed upon below.

<i>When Sharing It is OK to</i>	<i>When Participating It is OK to</i>	<i>When Asking for Wants and Needs it is OK to</i>
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Discuss Expectations and Ask Questions - Is there anything you'd like to know before we continue?

Explore your fears and desires

Fears...

I'm afraid I will _____

I'm afraid I'll feel _____

I'm afraid I will look _____

I'm afraid the group will _____

I'm afraid someone in the group will _____

I'm afraid someone will think _____

I'm afraid I won't get _____

I'm afraid I won't feel _____

I'm afraid I won't be able to _____

Desires...

I'm here because _____

I'm hoping to get _____

I want to do (or experience) _____

I want to have _____

I'm hoping I will _____

I'm hoping the group will _____

SHARE (READ ALOUD) YOUR LIST IF YOU ARE WILLING TO

Explore your experience of being unsafe and safe

I experience the following as completely unsafe... and don't want it to happen at all

I experience the following as relatively ok and safe but if ----- happens I feel unsafe

----- but it feels unsafe if -----
----- but it feels unsafe if -----
----- but it feels unsafe if -----
----- but it feels unsafe if -----
----- but it feels unsafe if -----

I usually ----- (something you do or don't do) when I feel unsafe...

SHARE (READ ALOUD) YOUR LIST IF YOU ARE WILLING TO

Until I feel ok and relatively safe I'm going to...

I experience the following as relatively safe - it feel unsafe at first but then it's ok when (I get, _____ happens)...

----- *but it's ok when* -----

----- *but it's ok when* -----

----- *but it's ok when* -----

----- *but it's ok when* -----

The group can help me to feel safer by...

SHARE (READ ALOUD) YOUR LIST IF YOU ARE WILLING TO

What To Do If Feeling Unsafe Or Triggered

When I feel Completely Unsafe and Triggered I Can (write the things that help you or you think might help you)...

SHARE (READ ALOUD) YOUR LIST IF YOU ARE WILLING TO

Some other things that have been said that I can try when I feel unsafe or triggered

Create a Safety Document:

Go through each section above and take a group conscious to agree on what behaviors to will avoid, what each person will try to do and how we will take care of ourselves when triggered - write down the agreed upon on the next page.

Safety Commitment - In the Service and Spirit of Safety as a Group We Agree To Do the Following and Avoid the Following for the Duration of this Workshop

To the best of my ability I will

To the best of my ability I will avoid

If I am triggered I will

Discuss Expectations and Ask Questions - Is there anything you'd like to know before we continue?

BREAK - 10 minutes

Prayer for Creating Sacred Space¹

To the Winds of the South

Great Serpent, Mother of the waters, the rivers, the galaxies, and the roads that bring us together, come wrap your coils of light around us

Teach us to shed the energies of the past that no longer serve us, the way you shed your skin, all at once

Show us how to walk softly on the Earth, in the beauty way

So that all we touch and create, we touch and create in beauty

Ho!

To the winds of the West

Mother Sister Jaguar

Come protect our healing space, devour those energies which do not belong to us

Teach us your ways beyond fear, beyond anger, beyond death, beyond guilt, beyond shame, beyond all the mythologies and beliefs that no longer serve us.

Teach us to be impeccable, luminous beings

Peaceful warriors who have no need to engage in battle, internally or externally, but instead are able to support ourselves in asking for and receiving what we desire, so that we can leap into who we are becoming and so that we create from a place of love

Ho!

To the winds of the North

Grandmothers, Grandfathers, Ancient Ones, Ancestors and Guardians of this Land

Come to us, teach us your ancient wisdom and the wisdom to come, we honor you who have come before us and will come after us; help us to remember that ancient wisdom directly; come warm your hands by our fires, whisper to us in the winds

Sweet swift flyer, hummingbird, teach us to drink of the nectar of life, even when the contrast is great and the journey seems difficult or long, help us to do that which seems impossible, just as you do

So that we create from a place of joy and a sense of timelessness

Ho!

¹ Adapted from Shaman Jon Rasmussen *Creating Sacred Space* <http://www.dreamingintobeing.com/client-resources/prayer-for-creating-sacred-space/>

To the winds of the East

Great Flyers, Condor, Eagle, Hawk,

Come to us from the place of the rising Sun, the place of our becoming

Teach us to soar high and see those mountain tops we have only dared to dream of before and help us to see with the eyes of the heart, to feel the guidance in our bodies

Give us the broadest perspective and clearest vision of our destiny

Take us under your wings, and teach us to fly wing to wing with Great Spirit

So that we create with self effort and grace

Ho!

Great Mother Earth,

We come here for the healing of all your beloved children,

The stone people, the plant people, the two legged, the four legged, the creepy crawlers, the finned, the furred, and the winged ones, all our relations that are here not only to sustain us and bring us beauty and joy, but to also teach us with their characteristics, their medicine, helping us along the way

Thank you Mother for sustaining us with your bounty, for supporting our healing work on your belly, and for always taking those energies which are too heavy for us and mulching them for us, so that we don't have to carry them around any longer, so that we can be truly free to create extraordinary lives filled with joy, abundance, love, and support
Ho!

Father Sun, Grandmother Moon, Star Nations, Star Brothers and Sisters, *thank you for rising everyday showering us with your light, your cycles, your love, that makes life possible for us here, and for doing this unconditionally without judgment, teaching us to treat ourselves in the same way*

Great Holy Mountains, Great Lineage, and Teachers of All times, *thank you for helping us*

Great Spirit, Creator, God, Creator of all-that-is, *you who are known by a thousand thousand names and you who are the unnamable One that dwells within us and all around us in all forms*

Thank you for bringing us together to sing the song of life one more day to dance this dance of co-creation, to take creation beyond where it has been before to new levels of joy, abundance, and exhilaration

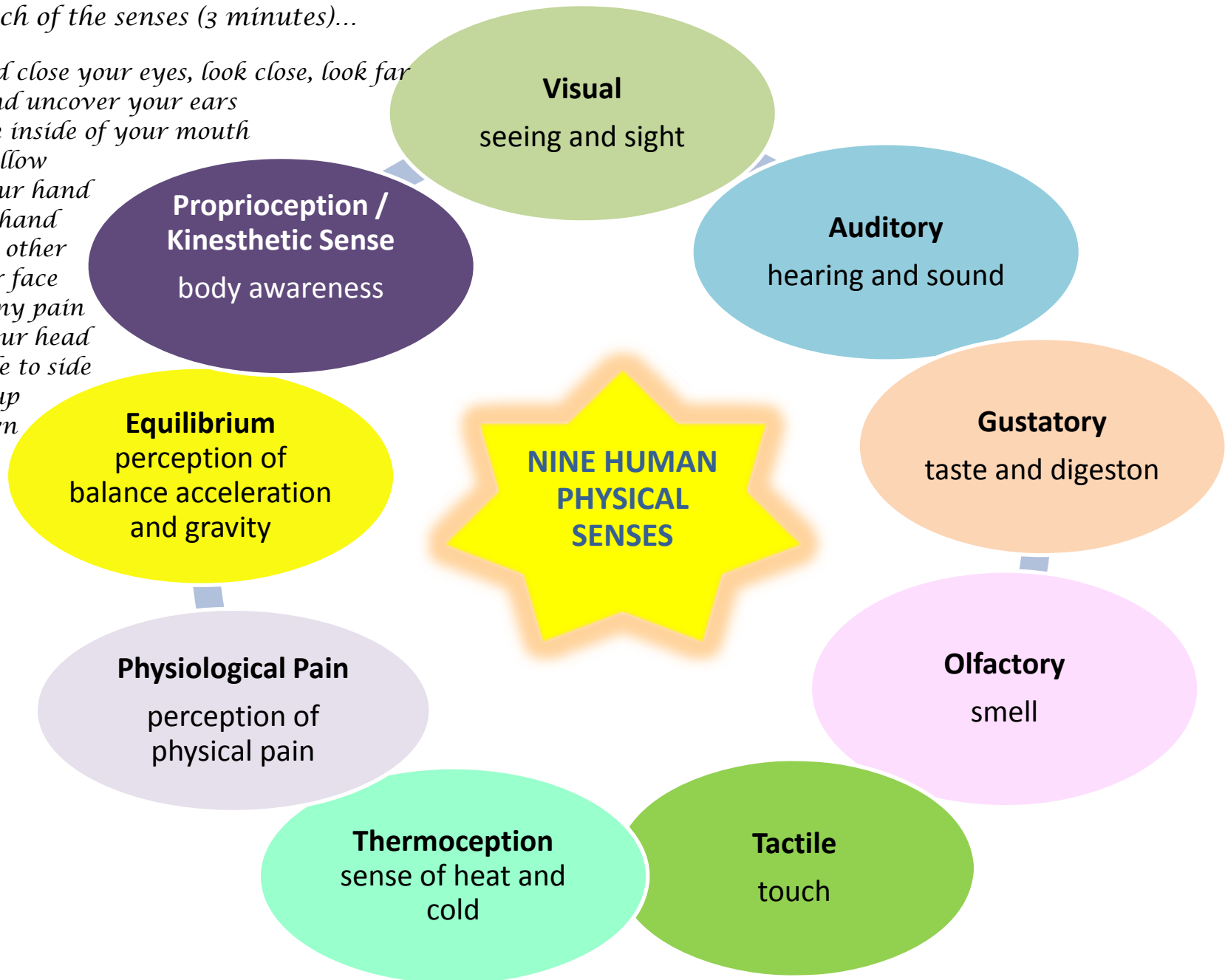
Thank you for holding us

Ho!

Introduction to the 9 human senses

Try out each of the senses (3 minutes)...

- ✓ open and close your eyes, look close, look far
- ✓ cover and uncover your ears
- ✓ taste the inside of your mouth and swallow
- ✓ smell your hand
- ✓ rub one hand over the other
- ✓ fan your face
- ✓ notice any pain
- ✓ move your head from side to side
- ✓ bounce up and down on your chair or sway



See, hear, touch, smell and feel - Explore the physical space in which the workshop is occurring (10 minutes)

Look around the room, pick something to focus your eye on - it may be near or far - feel free to get up and move closer to what you see - notice its color, texture, pattern.

Touch it, notice temperature, can you lean on it or pick it up, notice its weight or solidity or lightness, if you would like smell it. Does it have a smell? Listen to it - is it making a sound?

Walk around and notice the room as a whole, is the light dim or bright, the air cool or warm, the "feeling" closed or airy.

Where do you feel comfortable, where do you feel uneasy.

Come back to your chair and write down your perceptions of the object or the space using the 9 human senses - below are some sensation words you might like to use

The Sense of Sight -- Some Useful Classifications

color - red, black, gold, blue, brown, gray, green, orange, pastel, pink, purple, beige, white, yellow

reflective - glaze, brighten, dazzle, flash, flicker, glare, gleam, glimmer, glint, glitter, glisten, glow, reflect, shimmer, shine, sparkle, twinkle

clarity - blot, blur, brighten, darken, dim, fade, flicker, magnify

brightness - blare, blaze, brightness, brilliance, dazzle, flash, flicker, glare, flint, gloss, glow, light, radiance, sheen, shimmer, shine, sparkle, twinkle

darkness - blindness, gloom, shade, tarnish

easy to see - clear, distinct, transparent, visible

hard to see - bleary, blurred, dark, dim, indistinct, invisible, murky

bright - blazing, bright, brilliant, dazzling, flashy, gaudy, gleaming, glittering, glistening, glossy, polished, radiant, shimmering, shining, shiny, showy, sparkling, twinkling

dark - black, dark, dim, dusky, gloomy, murky, shadowy, sooty

colorless - blank, bleached, drab, faded, pale

mottled - bleary, blurred, brindled, dappled, freckled, mottled, speckled, spotted, streaked, striped

discolored - dingy, dirty, discolored, grimy, speared, smudged, soiled, sooty, splotted, spotted, tarnished

The object or the space is...

The Sense of Sound--Some Useful Classifications

loud or penetrating noise - bang, bellow, blare, blast, boom, bray, cheer, clamor, clang, crash, din, howl, racket, roar, scream, screech, shriek, shout, slam, squeal, thunder, uproar, wail, whistle, whoop, yap, yell, yelp

soft or low noise - buzz, chirp, chuckle, creak, croon, drawl, fizz, giggle, groan, growl, gurgle, hiss, hoarse, hum, jingle, mew (meow), moan, mumble, murmur, purr, rumble, rustle, sizzle, snarl, squeak, swish, thud, tinkle, undertone, warble, whimper, whisper

confused noise - babble, buzz, cackle, shatter, din, hubbub, hullabaloo, hum, racket, twitter, uproar

angry noise - bellow, growl, grumble, grunt, jaw, jeer, mutter, roar, shout, snarl, snort, splutter, yell

pleasant sounding - harmonious, melodious

unpleasant sounding - deafening, monotonous, sing-song, whiney

noiseless - dumb, mute, quiet, silent, soundless, speechless, still, tongue-tied

The object or the space is...

The Sense of Touch -- Some Useful Classifications

to touch something - brush, caress, dab, feel, grab, grasp, handle, hit, pat, pinch, rub, scratch, smooth, squeeze, strike, tag, tap, tickle

to respond to a touch - blush, chill, cool, flush, itch, shiver, shudder, tingle, warm

a touch - brush, caress, contact, dab, hit, pat, pinch, rub, scratch, squeeze, sting, strike, stroke, tag, tap, tickle

a feeling (as a result of being touched or affected by something) - blush, chill, coldness, feeling, flush, itch, shiver, shudder, tingle, warmth

warm or hot feeling - blushing, feverish, flushed, hot, humid, lukewarm, sweaty, warm

cool or cold feeling - chilly, cold, cool, crisp, shivering, shuddering

dry feeling - dry, dusty, hot, powdery

wet feeling - damp, humid, juicy, moist, squashy

sticky feeling - gooey, gummy, sticky, sweaty

oily feeling - greasy, oily, sharp, silky, slick, slippery, smooth, velvety

smooth feeling - flat, greasy, oily, sharp, silky, slick, slippery, smooth, velvety

rough feeling - bristly, coarse, dull, grainy, gritty, hairy, lumpy, rough, sandy, scratchy, uneven

soft feeling - downy, feathery, flabby, fluffy, furry, fuzzy, limp, powdery, silky, soft, spongy, squashy, velvety, woolly

hard feeling - crispy, firm, hard, solid, stuff, tough

springy feeling - alive, flabby, jumpy, shuddering, spongy, springy, squashy, stretchy, vibrating

solid feeling - firm, hard, solid, tough

light feeling - downy, feathery, fluffy, light, powdery

heavy feeling - heavy, solid

feeling full of movement - alive, jumpy, shivering, shuddering, vibrating

The object or the space is...

The Sense of Smell -- Some Useful Classifications

to smell something - scent, smell, sniff, snuff, whiff

to give out a smell - perfume, reek, smell, stink, aroma, bouquet, fragrance, fumes, odor, perfume, scent, stench

to add to or disguise a smell - to deodorize, perfume, scent, spice

sharp or spicy smelling - moldy, musty, putrid, rancid

good smelling - fresh, clean, clear, appetizing, sweet

bad smelling - rank, smelly, stinky, strong-scented, strong-smelling

lacking in smell - deodorized, odorless

The object or the space is...

Briefly Check in with how you are feeling in your body - check off some Qualities of the Felt Sense or add your own feeling/sensation

pressure - light, neutral, even, uneven, floating, supportive, crushed, cutting off circulation

air current - gentle, cool, warm, from right, from left, stimulating, rush, like a feather, like mist

tension - tight, loose, constricted, flowing, closed, open

in pain - ache, sharp, twinge, slight, stabbing

tingling - pricks, vibration, tickling, numb, buzzing

itchy - mild itch, angry itch, irritating itch, moving itch, subtle itch, small itch, large area of itching

temperature - warm, hot, burning, cool, cold, clammy, chills, icy, frozen

size - small, large

shape - flat, circle, blob, like a mountain

weight - light, heavy

motion - circular, erratic, straight line, spinning, still

speed - fast, slow, still, stopped

texture - rough, smooth, bumpy, lumpy, silky

sound - buzzing, singing

taste - sour, bitter, sweet

smell - pungent, sweet, like rain, like leaves

absence/nothingness - blank, empty

If you wish - Share your perceptions of the object, the space, and your body. Share how you felt doing the exercise.

Grounding Exercise Using Focused Attention on Sensations- Feet, Seat and Back (10 minutes)

While Sitting Comfortably. Eyes May Be Open Or Closed.



1. *Let your feet rest naturally flat on the floor. Rest your attention on your feet for little bit. Focus your attention on the **sensations in your feet** resting on the floor. Be curious. Can you feel your feet? Is there pressure? What is the temperature? Do you feel any tingling or energy? Watch. Breathe. Describe in your mind the characteristics of the sensations on the bottom, inside, and on the surface of your feet.*

Press your feet a little more firmly on the floor. Be curious. Describe in your mind the sensations on the bottom, inside, and on the surface of your feet when you are actively pressing your feet against the floor. And release. Once more press your feet more firmly and release. And Relax. And Breathe. And Relax and let your feet rest naturally again.

Curl or clench and uncurl your toes several times. Be curious. Describe in your mind the characteristics of the sensations on the sensations of your feet as you clench and curl your toes. And Relax. And Breathe. And Relax and let your feet rest naturally again.

Rotate your ankles several times. Right, then left, then right, then left, then together. Be curious. Describe in your mind the characteristics of the sensations on the sensations of your ankles and feet as you rotate your ankles. And Relax. And Breathe. And Relax and let your feet rest naturally again.

Flex and point your feet and toes several times. Be curious. Describe in your mind the characteristics of the sensations on the sensations of your feet, ankles and calves as you flex and point your feet. And Relax. And Breathe. And Relax and let your feet rest naturally again.

Grounding Exercise:
Feet, Seat and Back
(using focused attention on sensations)



2. Focus your attention on the **sensations in your bottom and thighs** sitting on the chair seat. Rest your attention in the area for a little bit. Can you feel your bottom, can you feel your thighs? Is there pressure? What is the temperature? Do you feel any tingling or energy? Relax. Be curious. Watch. Breathe. Describe in your mind or out loud the characteristics of the sensations.

Clench your thighs and bottom. Describe in your mind the characteristics of the sensations on the sensations of your feet as you clench your thighs and bottom. And Relax. And Breathe. And Relax and sit comfortably naturally again.

Let your awareness include the seat of the chair. Now let your awareness include the legs of the chair, and the floor where the feet of the chair are supported by the floor. Describe in your mind your sense of the chair and floor under the chair.

3. Focus your attention on the **sensations in your back** leaning against the back of the chair. Rest your attention in the area for a little bit. Moving your awareness and focus from your lower back to your upper back and back down to your lower back. Notice: Is there pressure? Is there tension? Is there pain? Do you feel any tingling? Breathe. Describe in your mind the characteristics of the sensations. And Relax. And Breathe. And Relax.

Sway a little from side to side and front and back. Feel the sensations in your bottom and back as you sway. Moving your awareness and focus from your lower back to your upper back and back down to your lower back. Notice: Is there pressure? Is there tension? Is there pain? Do you feel any tingling? Breathe. Describe in your mind the characteristics of the sensations. And Relax. And Breathe. And Relax.

Bring your shoulders up closer to your ears and clench and release, rotate them around, bring them forward and back and forward and back. Feel the sensations in shoulders and back. Notice: Is there pressure? Is there tension? Is there pain? Do you feel any tingling? Breathe. Describe in your mind the characteristics of the sensations. And Relax. And Breathe. And Relax.

Sense the chair again, how the back connects into the chair seat and legs, and how the legs are supported by the floor. These are the characteristics of the specific location where you are located in this present moment. You are in one location and one time. Finish by just sensing any way you feel different now than when you started the exercise. Share if you like, focus on using sensation words.

BREAK - 15 minutes

Bringing Energy Into the Body - The Hokey Pokey

Circle up, Sing and Dance

You put your right arm in,

You put your right arm out,

You put your right arm in,

And you shake it all about,

You do the hokey pokey

and you turn yourself around

That's what it's all about.

2) left arm

3) right foot

4) left foot

5) backside

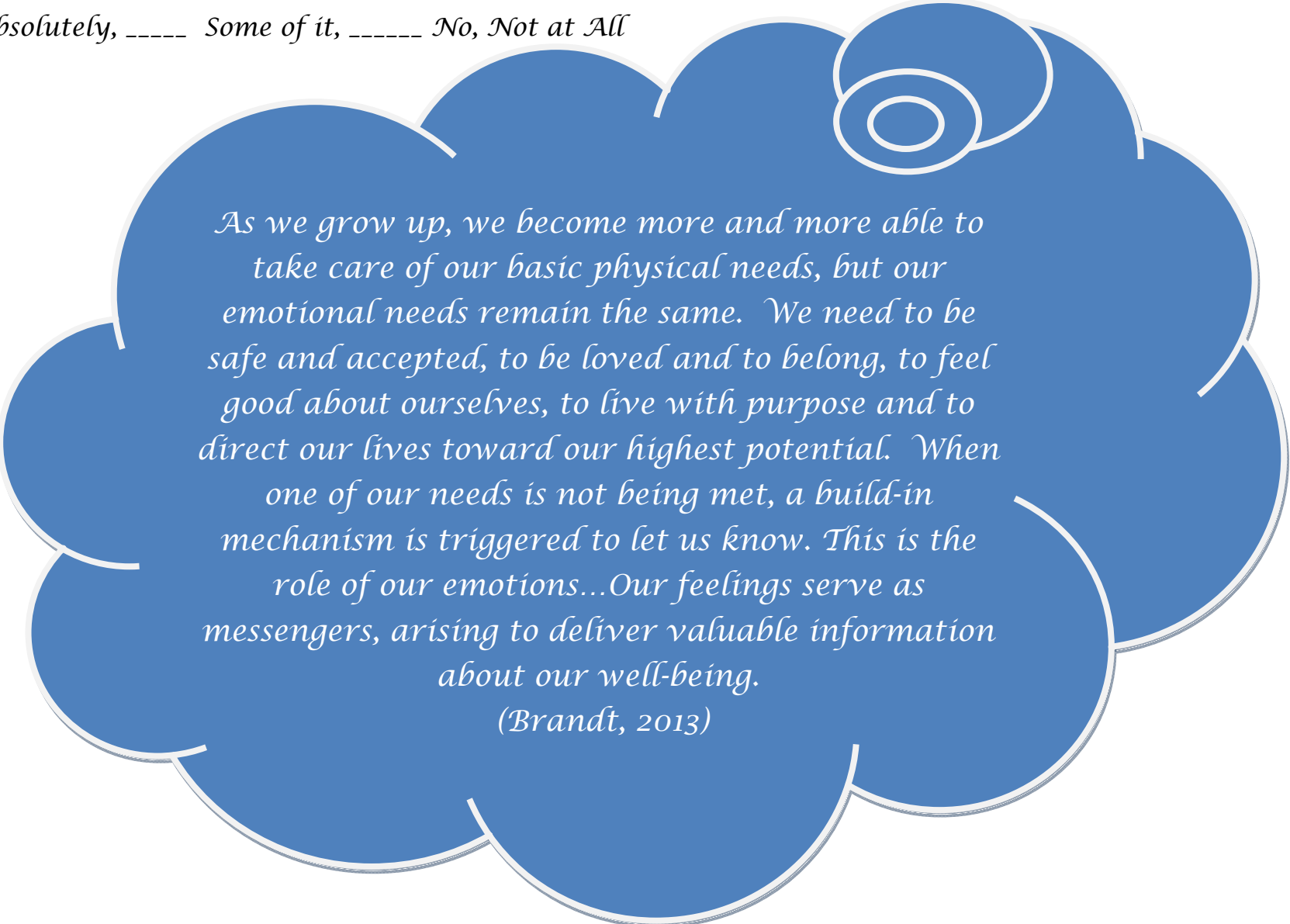
6) head

7) whole self

The Role of Our Emotions (1 minute)

Do you agree with the following statement?

----- Absolutely, ----- Some of it, ----- No, Not at All



As we grow up, we become more and more able to take care of our basic physical needs, but our emotional needs remain the same. We need to be safe and accepted, to be loved and to belong, to feel good about ourselves, to live with purpose and to direct our lives toward our highest potential. When one of our needs is not being met, a build-in mechanism is triggered to let us know. This is the role of our emotions...Our feelings serve as messengers, arising to deliver valuable information about our well-being.

(Brandt, 2013)

Needs and Feelings Inventory (7 minutes)

Using the feeling and needs wheels on the following pages (don't over think, pick what jumps out at you it's ok to put nothing or does not apply)

Pick need(s) or feeling(s) that describes your mood of the moment or a feeling you have had during the workshop.

Write them down below...

_____	_____	_____
_____	_____	_____
_____	_____	_____

Pick need(s) or feeling(s) that you avoid feeling (or a need you avoid meeting). Write them down below...

_____	_____	_____
_____	_____	_____
_____	_____	_____

Pick need(s) or feeling(s) that you have trouble tolerating in yourself (or need you have trouble meeting). Write them down below...

_____	_____	_____
_____	_____	_____
_____	_____	_____

Pick a feeling or some feelings you have trouble tolerating in someone else. Write them down below...

_____	_____	_____
_____	_____	_____
_____	_____	_____

Pick need(s) or feeling(s) that are most troublesome (frightening, painful, uncomfortable, overwhelming) to feel or complete? Write them down below...

Pick need(s) or feeling(s) you would like to experience less of or want gone from your life? Write them down below...

Pick need(s) or feeling(s) you would like to experience more of in your life or your recovery? Write them down below...



Based on *needs inventory*
(c) 2005 by Center for Nonviolent Communication
<http://www.cnvc.org/Training/needs-inventory>



Based on *Feelings when your needs are satisfied*
 (c) 2005 by Center for Nonviolent Communication
<http://www.cnvc.org/Training/feelings-inventory>



Based on *Feelings when your needs are not satisfied*
 (c) 2005 by Center for Nonviolent Communication
<http://www.cnvc.org/Training/feelings-inventory>

Feeling Floor Check (30 minutes)

Using the feeling and needs you identified above on the following pages listen to the questions and in response go and “stand on or near” the feeling that best describes your response

It is ok to choose OTHER or PASS - after each question there will be an opportunity to share a sentence or two as to why you are standing where you are standing

My mood of the moment is

A feeling I have had during the workshop is...

A feeling or need I avoid is...

A feeling or need I have trouble tolerating is

A feeling or need I have trouble meeting is...

A feeling or need I have trouble tolerating in someone else is...

A feeling or need I find troublesome to feel or meet is ...

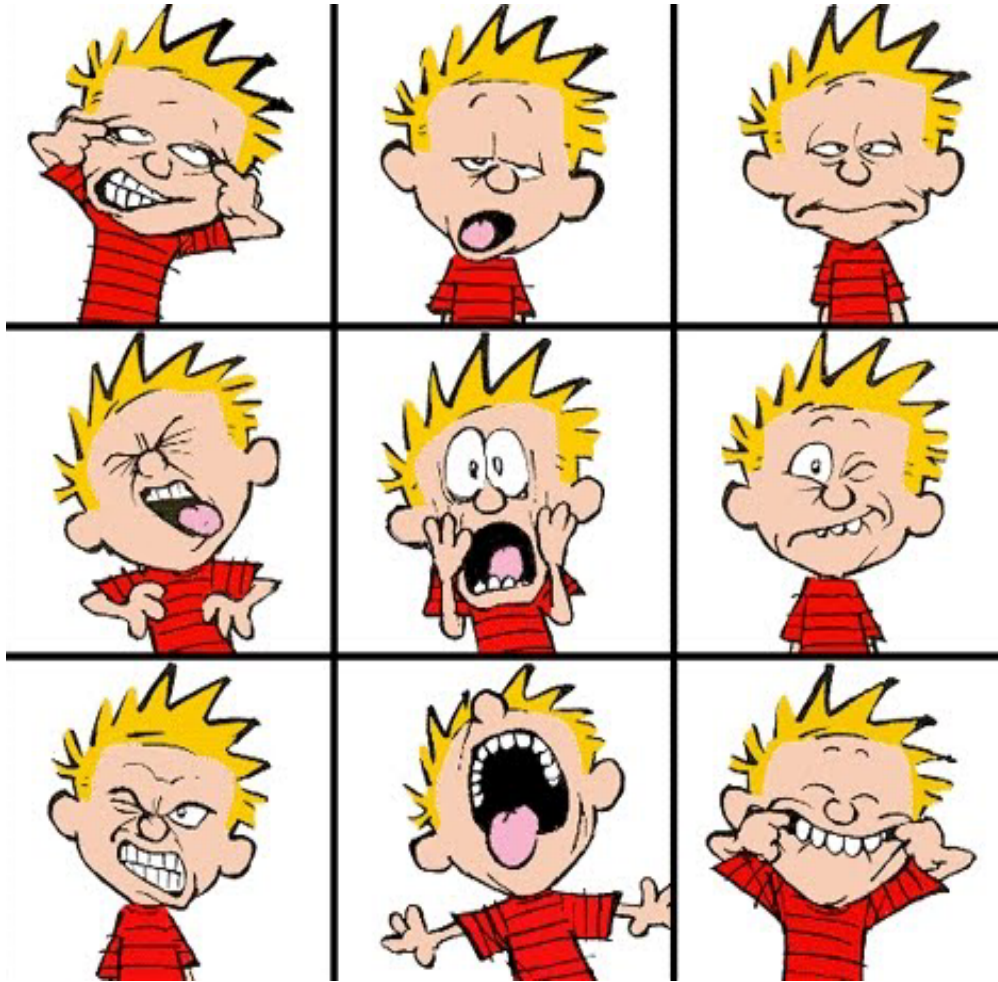
I would like to experience less of this feeling or I want gone from my life...

I would like to experience more of this feeling...

I want more of this need met in my life and my recovery...

Getting Into the Body - Activating Energy by Moving (2 Minutes)

Making Faces, Making Sounds, Stretching, Shaking, and Breathing, Stamping And Tramping



Making Faces: Rotate your jaw several times, Open and close your mouth, Stick out your Tongue, Roll your Eyes, Look Up and Down, Scrunch your face in your hands, Rub Your Cheeks, Rub your Ears, Pull Gently on Your Earlobes

Making Sounds: Make Nonsense Sounds, Growl, say Waaah, Waah, Waah, Waah, Fafafafaffafafafafafa, Bububububububububu, HaaaaHahahahaha, Lababalabablabababa, make other sounds that feel good

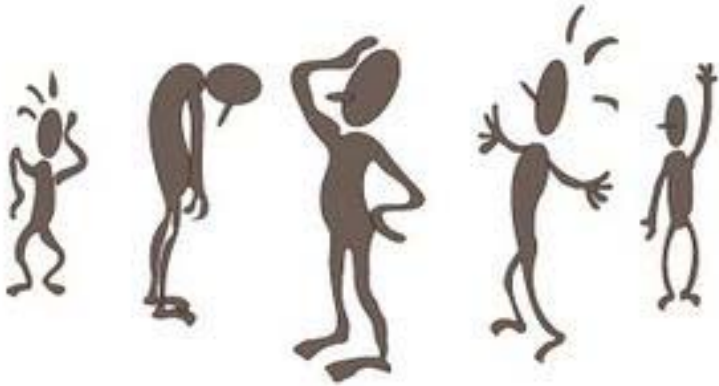
Stretching: Stretch out your arms, say aaaaahhhhhh, Rotate your head on your neck, Rotate your shoulders, Rotate your legs, Rotate your hips, Rub back, shoulders, arms (any place holding tension)

Shaking: Wiggle your fingers, Shake your body, Sway

Breathing: Blow on your hand as if your were cooling down something hot (alternate hands - 5 time each), take in a Biiiiigggg breath, hold it - the BLOW it out explosively (make sound), take in a smaller breath and blow it out explosively, relax and breathe normally

Stamping and Tramping- stamp your feet in place, stomp as you walk around, walk heavily, swing your arms, make sounds

Non-verbal Expression with Intensity / Mirroring by one, a few, some, or all (10 minutes)



In this activity you are invited to express emotions non verbally - using body language, sounds and gestures.

If you like, you may invite others - one person, two people, a few people or everyone to mirror you (do what you do and make the same sounds and gestures as you are) you may also moderate intensity of expression of those who are mirroring you, softer to louder, faster to slower, etc.

Verbal Expression with Intensity, Mirroring for Validation and Completion (15 minutes)



In this activity you are invited to express emotions non verbally and Say out loud how you're feeling, what you think and feel about your feelings and what you want / need.

If you like, you may invite others, to mirror (say back with words and posture) exactly what has been expressed to be validated and to complete the feeling.

Self-Holding and Self Soothing (3 minutes)

You may have your eyes opened or closed, whatever feels most comfortable for you. Be seated. Get into a comfortable position.



Place one hand on your forehead. Place the other hand on your heart. Stay to yourself - I love and accept myself just as I am. I love and accept all of my feelings. I love and accept myself just as I am. I am loveable and worthy. And breathe.

Take the hand that is on your forehead and place it onto your belly. Stay to yourself - I love and accept myself just as I am. I love and accept all of my feelings. I love and accept myself just as I am. I am loveable and worthy. And breathe.



Fear-Soothing Self-Holding Exercise. Place one hand at the back of the neck right at the base of the skull, place the other over the solar plexus (right under the rib cage). And breathe.

Lower Body Support. Place one hand on your heart and the other at the base of the spine/tail bone. And breathe.

Patting Exercise. Pat yourself all over, to point out to yourself where your edges are. Sense into the feeling of having edges, the place where you end and the rest of the world begins.

Group Discussion – Identifying and how was it for you? (10 minutes)

Share about the entire process:

What came up for you in general, what was triggered, what did you identify with, what didn't you identify with?

What did you like?

What didn't you like?

What did you want more of?

What did you want less of?

Is there anything you would like to ask for after the meeting for more support?

We're Climbing Sunshine Mountain (3 minutes)

We're climbing Sunshine Mountain (climbing actions)

Where the little breezes blow (make blowing noises with hand around mouth)

We're climbing Sunshine Mountain (climbing actions)

Faces all a glow (frame face with hands)

Turn your back on sorrow (turn around)

Reach up to the sky (stretch arms above head reaching for sky)

We're climbing Sunshine Mountain (climbing actions)

You and I, You and I (point to yourself then to someone not currently singing)

Choo, choo, choo, choo, choo, choo

You and I, You and I (point to yourself then to someone not currently singing)

Choo, choo, choo, choo, choo, choo

Sing until everyone has been picked and is standing

Closing the Circle and Serenity Prayer (2 minutes)

Thank You Winds of the South

Thank You Winds of the West

Thank You Winds of the North

Thank You Winds of the East

Thank You Grandmothers, Grandfathers, Ancient Ones, Ancestors and Guardians of this Land

Thank You Great Mother Earth,

Thank You Father Sun, Grandmother Moon, Star Nations, Star Brothers and Sisters

Thank You Great Holy Mountains, Great Lineage, and Teachers of All Times

Thank You Great Spirit, Creator, God, Creator of All-That-Is

God Grant Me the Serenity to Accept the Things I Cannot Change

The Courage to Change the Things I Can

And The Wisdom to Know the Difference