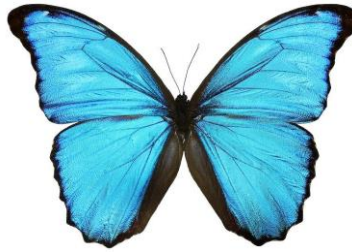


4 Elements For Establishing Present Safety Resource  
(Developed by Laub and Shapiro, 2008)



I want to teach you something called the 4 Elements exercise. It can help you feel a little more in control. I am going to guide you through it and then we will talk about your experience.

1. Teach Butterfly Hug if not already using it. Hands at face level with palms turned toward your body. Cross hands and link thumbs to make butterfly shape. Take index fingers and place on collar bone. Place hands with thumbs linked on the chest. Use alternate tapping right and left.
2. Notice how much stress/anxiety you feel right now on a scale of 0-10, where 0 is low or no stress and 10 is the highest stress or most upset you can feel. Please make a note of this number with a pen and pencil.
3. Starting with your feet we begin with the 1st Element **EARTH**- Place both feet on the ground...feel the floor/ground...and the chair supporting you...take a minute to land, to take time out to be right here, now...Look around and notice 3 things you haven't noticed before...what 3 things do you see...now notice what you hear...what else...you are here now...you are safe enough right here, now.
4. Now going up your body for the 2nd Element **AIR**. Notice your breathing...now breath in through your nose letting the air go all the way to your stomach. Think the words, "I am inhaling" as you do this. Gently let the breath out of your mouth as you think the words, "I know I am exhaling." Try to imagine the breath coming in and moving your belly with these gentle words for about 6 slower breaths. Coming back to yourself and back to center we will continue up the body.
5. We arrive at the 3rd Element **WATER**. Notice if your mouth is dry or if you have saliva... when we are anxious or stressed our mouths dry out, but when we are making saliva it is a sign that we are relaxing the stress response....take a minute or 2 to make more saliva in your mouth now. You may imagine you are sucking a lemon or some other sour food OR gently bite the sides of your tongue, maybe even take a drink of water if it is handy. As you do this you may notice that you have more and more focus and control of your thoughts.

6. “Now with your feet on the ground, breathing more deeply and slowly, making more and more saliva we move to the 4th element **Light**...bring up an image of a place, activity or situation that helps you feel calmer and safer...let’s call this your calm place...Draw or write something that reminds you of the CALM place, situation or activity...a sketch, word, or symbol...notice what you feel when you connect to that place and how you feel in your body...” As you notice please begin the Butterfly Hug, (35 seconds) tapping slowly.

Keep noticing how you feel in your body when you focus on the calm place...give it a name...and strengthen the connection with another long set of Butterfly Hugs. As you think/say the name focus on your calm place. Now notice how much stress you are feeling from 0-10. Please write that number down.

7. If you practice this exercise 6-10 times a day you can monitor your stress level from 0-10. Practice even when you are feeling good and not stressed.