
Breathing Exercise to Process Trauma

1. Get grounded by noticing your feet on the floor and the seat beneath you. Notice your breathing. Wiggle your toes, tap down the outside of your legs and arms, etc.
2. Scan your body from head to toe. Notice where in your body you feel most calm, grounded and connected. Pick the most calm, grounded and connected area to bring your attention to. Stay there with your awareness for 10-15 seconds.
3. Notice where your eyes are focusing while having your attention on your body's calm place. You can do this with your eyes opened or closed. Let your eyes settle on a spot and maintain that eye position (a gazespot).
4. Prepare to process. As you keep your eyes on this Gazespot return to focusing on the something from earlier that was upsetting you and as you think about it keep your eyes on the Gazespot.
5. Notice how activated you are around it. Pick a number 0-10 which you will use as a gauge to represent the level of activation you feel – 0 being nothing or neutral and 10 being highly activated. Let yourself use mindfulness to observe your thoughts as you gaze at the spot. Observe thoughts, feelings and images with curiosity and without expectation or judgment. Notice what emerges.
6. Bring your awareness back to your calm body place. Your mind may wander as you keep your gaze on the spot. Just notice without directing your thoughts.
7. Again, as you focus on calm body location observe with curiosity and no expectation of judgement. Simply notice. Every now and then refocus on your upsetting issue to check in on it. How are you feeling now? Take a check, from 0-10 – what is your number now? Continue as long as you like, End when you are ready and note your brain will continue to process.