

L'ANCRAGE

Comment se détacher de la souffrance émotionnelle

TECHNIQUES

MENTALES

Se faire un rapport

Ex. lieu, date, heure, prénom, nom, envie

Décrire l'environnement

Noms, formes, nombres, couleurs, etc.

Lire quelque chose

Se dire les phrases, les mots ou les lettres

Décrire une activité

Dans les moindres détails (ex. cuisiner)

Se réciter un truc lentement

Ex. alphabet, chiffres, phrase, liste

Penser à un truc marrant

Ex. souvenir, blague, scène de film

Jouer au jeu des catégories

Ex. lister les villes qui commencent par "B"

S'imaginer protégé du mal

Ex. par un mur, des gardes, des pouvoirs

Relier le passé au présent

Ex. penser aux anniversaires successifs

PHYSIQUES

S'étirer le plus fort possible

Les doigts, les jambes, les bras, le cou etc.

Sentir les contacts du corps

Avec les habits, la chaise, le sol etc.

Se cramponner à sa chaise

Aussi fort que possible

Sentir sa respiration

Et se répéter un mot à chaque inspiration

Avoir un objet dans la poche

Le toucher et détailler ses caractéristiques

Toucher d'autres objets

Et détailler leurs caractéristiques

S'appuyer sur les talons

Et sentir le poids qui s'y applique

Marcher lentement

Et penser : droite, gauche, etc.

Sauter ou sautiller sur place

Et sentir poids, mouvements et contacts

Mettre les mains sous l'eau

Et la sentir couler, pas trop longtemps

ÉMOTIONNELLES

Se dire des trucs rassurants

Ex. c'est un moment difficile, ça va passer

Regarder des photos

Ex. des proches et autres gens précieux

Penser à un lieu sûr

Et le décrire dans les moindres détails

Penser à ses favoris

Ex. couleurs, plats, séries, artistes

Se réciter un truc inspirant

Ex. chanson, poème, citation

Se dire des trucs valorisants

Ex. je peux le surmonter, je suis fort

Se prévoir une récompense

Ex. chocolat, bon repas, bain chaud

Se projeter vers l'avenir

Ex. une sortie cinéma prévue avec un ami

Pour plus d'efficacité, pratiquer :

SOUVENT : plus c'est répété, mieux ça marche

RAPIDEMENT : moins il y a de préliminaires, mieux ça marche

LONGTEMPS : plus c'est long, mieux ça marche

CONSCIEMMENT : plus les bénéfices sont constatés, mieux ça marche

ORIGINALEMENT : plus les techniques sont personnalisées, mieux ça marche

PRÉCOCEMENT : plus c'est prématuré, mieux ça marche

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Peipei Pang



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