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**Creating a positive anchor**

* Choose where you are going to create this anchor, you may use a wristband or ring etc. or use the palm of your hand or pushing your thumb and first finger together in a pinching motion.
* Think of a time when you felt really good, the feeling you now want to link your anchor to e.g. calm, confident, energised, happy, having slept well etc. If you have no memory of this you can use your imagination to create it, the brain doesn’t know the difference between real or imagined as long as we are feeling it.
* Close your eyes; In this image use all your senses, seeing all that is around you, every detail from the scenery to who your with, time of day, what you are wearing, add sounds, smells, tastes, temperature etc. until you are feeling you are there now.
* Notice the effect this has on your body, posture, breathing, sensations. Do you feel light or heavy, warm or cool, energised or relaxed etc. Notice everything there is to notice that is good then press on your anchor. Capture this feeling, make it bigger, brighter, lighter etc. whatever really enhances this feeling.
* Add an affirmation, name the emotion “I am …… This feels good, I am doing this. Be aware of the link between your words and the feeling as you keep pressing on your anchor.
* Stack up your anchor; repeat this exercise many times a day and every time you notice during your day that you are feeling good, press on the anchor and say your affirmation.
* When your anchor is very strong you can use it to exit negative feelings, if you are feeling bad in anyway, push on your anchor, say your affirmation and the good feelings will come flooding in. If this doesn’t happen then you need to stack it with more good feelings.