

## Recalling Being Yourself

The Recalling Being Yourself technique is used within Somatic Experiencing (SE®) by trained therapists to monitor sensations, patterns of actions and soothing behaviors experienced in clients' bodies.

The aim is to regulate their body responses and avert overriding the nervous system, by purposefully concentrating in self-soothing behaviors that the client might already engage in. These behaviors can be used to induce comfort in the midst of anxiety.

The following technique can help people learn how to soothe themselves and calm the nervous system by drawing upon their own resources. Coming back to yourself can provide a greater sense of being grounded and feeling comfortable in your own skin.

*Be gentle with yourself. If you find yourself experiencing distress or feeling uncomfortable while doing this exercise, you can always take a few moments' break and let everything settle.*

### Steps:

1. Coming back to yourself can provide a greater sense of being grounded.
  2. Find a comfortable and quiet space to sit in a chair or lie down on the floor.
  3. Remember a recent time when you felt completely like yourself, comfortable in your own skin.
  4. When you find the memory, explore the situation in detail, visualizing sensory details.
  5. As you continue to visualize the scene, draw your attention to your physical and emotional sensations and explore your sensations.
- Levine, P. (2008). *Healing Trauma: A pioneering program for restoring the wisdom of your body*. Canada: Sounds True.

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