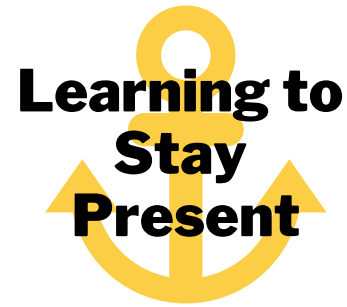


IDENTIFYING ANCHORS



Learning to Stay Present

You may need to help your parts learn ways to stay grounded in the present. Identifying anchors is one such way.

Anchors are things familiar to you in your environment (at home, school, or work). Anchors can help parts feel safe no matter what room they are in.

Before You Begin

Objects or items from the past that remind you of painful experiences are best put away if possible.

1. Practice Identifying Anchors

Walk around your home and in each room concentrate on the various things you see. If you or your parts prefer, you might concentrate on the smells you can smell, the things you might taste in the kitchen, or the things you can touch and hold.

Find things that are neutral or positive.

2. In Each Room

Choose 2-3 things for each room that are neutral or pleasing and can serve as anchors to the present. Some examples:

- A video game console that you have today but was not available in the past
- Music that your system enjoys
- Photos of your children, nieces, nephews, or grandchildren

3. Don't Forget Your Younger Parts

Our younger parts may want to have an anchor that may seem childish. It is often these parts that have the most trouble staying present and need your help to do so. Try to be inclusive so everyone gets what they need to feel safe.

4. Incorporate Anchors

Once you have practiced this skill, begin incorporating it into your safety plans for high-risk situations.

For example, anchors are a good tool to use if you (or a part) wake up from a nightmare.

The first step is always to get your bearings in the present. Anchors are an effective tool to achieve this.