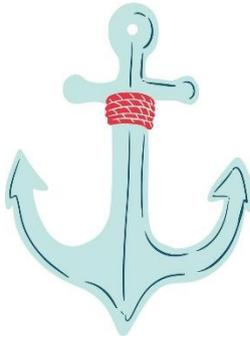


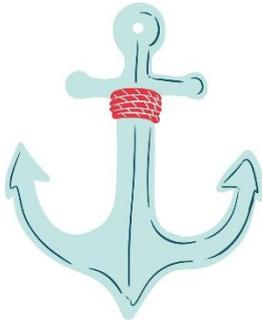


**Dropping Anchor or ACE can be used for worry, rumination, overwhelm, panic and much more:**



#### A = ACKNOWLEDGE YOUR THOUGHTS AND FEELINGS

Acknowledge whatever is 'showing up' inside you: thoughts, feelings, emotions, memories, sensations, urges. Be curious but kind about what you notice and observe internally. What's your mind doing? What thoughts are 'popping up'? What's happening in your body? What feelings are 'showing up'? Now create some distance, be the observing self, say to yourself something like, 'I'm noticing anxiety', or 'Here's grief', or 'There's my mind worrying' or 'I'm having a feeling of sadness' or 'I'm having thoughts about being stupid'. And also ....



#### C – CONNECT WITH YOUR BODY

Come back into and connect with your physical body. Find your own way of doing this. You could try some or all of the following, or find your own methods: Feeling your weight on the chair • Slowly lengthen your back and spine • Rub your palms together • Give yourself a squeeze • Slowly breathe in and out

Note: you are not trying to turn away from, escape, avoid or distract yourself from what is happening in your inner world. The aim is to remain aware of your thoughts and feelings, continue to acknowledge their presence .... and at the same time, connect with your body, and actively move it. Why? So you can gain as much control as possible over your physical actions, (even though you can't control your thoughts and feelings). And as you acknowledge your thoughts & feelings, and connect with your body, also ....



Then....

#### E – ENGAGE IN WHAT YOU'RE DOING

Get a sense of where you are and refocus your attention on the activity you are doing. Find your own way of doing this. You could try some or all of the following, or find your own methods: • Look around the room and notice 5 things you can see • Notice 3 or 4 things you can hear • Notice what you can smell or taste or sense in your nose and mouth • Focus on an object • Pay attention to the detail in front of you

Ideally, run through the ACE cycle slowly 3 to 6 times, to turn it into a 2-4 minute exercise. (You can, of course, make it go for much longer, if desired.) The exercise successfully concludes when you are a) aware of your thoughts and feelings, but not fighting with or controlled by them, b) in control of your physical actions, and c) focusing on and engaging in what you are doing.

**ACE or Dropping Anchor was developed by Russ Harris for use with Acceptance and Commitment Therapy**