

5-4-3-2-1

Therapist version

Description

This exercise is performed in a sitting position.

Find a comfortable, upright seating position. Direct your attention to what is around you.

Name (out loud or in thoughts) what you are perceiving in this moment:

5x : I see...!	→	5x : I hear...!	→	5x : I feel...!
4x : I see...!	→	4x : I hear...!	→	4x : I feel...!
3x : I see...!	→	3x : I hear...!	→	3x : I feel...!
2x : I see...!	→	2x : I hear...!	→	2x : I feel...!

Lastly

1x : I see...!	→	1x : I hear...!	→	1x : I feel...!
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Tips

It's okay to name the same perceptions/sensations over and over again!

If, for example, sounds disturb you during the phase of seeing, simply switch to hearing and integrate the sounds into your perception in this way.

If you get confused with the sequence of the exercise, this is a sign that you are doing well and relaxing particularly quickly. You can then either linger in that state or "guess" where you were and continue.

During the exercise, if you notice your eyes wanting to close, let them close! You can then either describe the specific perceptions of the closed eyes or just listen and feel.

For some, it enhances the positive effect of the exercise if they speak the perceptions aloud while hearing their own voice.