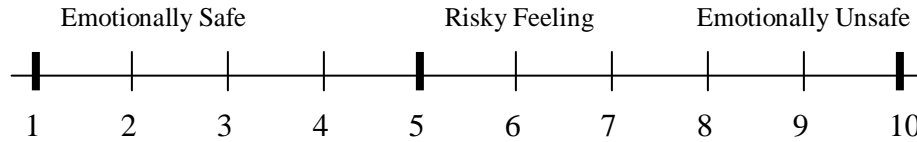


## **“Affect Bridging” Technique**

### **Putting personal serenity to work in Recovery**

1. *Recognize* your present state of feelings on an emotional safety scale of 1-to-10:  
(This is just another way of measuring your current level of serenity)



2. *Create Sufficient Safety*: internal emotional safety and external physical safety by....

- a. Grounding, deep breathing, stretches, positive imagery, etc.
- b. Self-affirming positive self-talk.
- c. Time-outs (leave the situation for a stated, specific time period).
- d. Reasserting boundaries.
- e. Choosing to not do this exercise right now.
- f. Etc.

*(Using these skills will take several minutes to an hour or more, as needed)*

3. *Recheck* your number by asking, “How do I rate my sense of safety now?”

4. If you are stabilized and in a “safe” emotional zone, you can now consider the following steps:

- a. Imagine creating a “bridge” between you and the issue.
- b. Visualize crossing the bridge to begin engaging with the issue emotionally.
- c. Constantly self-monitor your number and notice if it no longer feels safe enough.
- d. If you lose your sense of safety, cross back over the bridge away from the issue and visualize taking down the bridge.
- e. When done, completely close down the bridge.

5. Reground yourself.

6. Use your journal to process your feelings. Stay grounded, though!

7. Share results with supportive people.