“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)

<table>
<thead>
<tr>
<th>Emotionally Safe</th>
<th>Risky Feeling</th>
<th>Emotionally Unsafe</th>
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<tbody>
<tr>
<td>1</td>
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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.

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