

PENDULATION PROCESSING

A RESOURCE TO HELP YOU FEEL & PROCESS TRICKY EMOTIONS, THOUGHTS & MEMORIES

Pick a tricky emotion, memory, thought or sensation you'd like to process. Please be careful to work within your window of tolerance here - don't work with things that are too emotionally charged or triggering if this is new to you or you don't feel you have the capacity or resources

Step 1

Take a seat somewhere safe & comfortable where you won't be disturbed. Begin to scan through your body noticing where you feel the tricky emotion or discomfort.

If you are working through a thought or memory, run it through your mind them come into you body; noticing areas that are calling for your attention.

Step 2

Describe this experience to yourself:

- Can you name any emotions you're noticing?
- where do you feel this in your body?
- Where is the 'epicenter'?
- what colour is it?
- how big is it?
- what texture is it?
- what are the qualities of the sensation?

how would you describe that:

- what weight is it?

Step 3

Be with this experience, watching your physical sensations as the non-judgmental observer (the safe container) as they change. The feelings might get more intense. They might move. They might ease.

Stay with it for as long as feels okay for you (maybe it's 30 seconds, maybe it's a few minutes)

Somatically track it and allow your body to respond with any impulse (like movement or touch. I.e. you may feel an urge to sway, place a hand on your body somewhere, stretch, stand, curl inwards etc)

Step 4

Now resource yourself - swing your focus externally.

Stand up and move about the space you are in.

- Find 3 things with circles on them
- Touch 5 different textures
- Pick up objects of different weights
- Notice the surface under your feet

Be intuitive about this - moving mindfully around your space & immersing in the present moment

You can also choose to focus on your breath or another somatic calming tool here.

Step 5

Head back to step one and repeat through to step 4.

Do this 2-5 times over, noticing how your experience changes each time you go back to revisiting the tricky emotion.

Finish on step 4 or a regulating tool like breath work, a calming cup of tea or a self-hug.

Whatever you notice is okay - drop expectations. This is an opportunity to learn to feel & to regulate and resource yourself.

You might notice that the emotion is processed and moves through - the intensity may change. It may ease or resolve. You can use this as a rough template and guide yourself through it in future as a practice of somatically feeling & processing emotions.