



Self-Soothing Exercise

Start by focusing on:

- Five things you can see
- Five things you can hear
- Five things you can touch
- Five things you can smell
- Five things you can taste

This exercise is particularly helpful if you suffer from anxiety and can't stop from obsessing or ruminating. Focusing on your senses is an extraordinary method of putting yourself in the present moment, relieving stress, and strengthening your emotional boundaries.

Rokelle Lerner, *The Object of My Affection Is In My Reflection: coping with Narcissists* (Deerfield Beach, Florida: Health Communications, Inc 2009) Permission to use material granted, September 20,2010.