

How to Self-Haven - feel better about an event

© Mark Wingfield Certified Havening Techniques® Practitioner

I hope you find this guide useful. If suffering from seriously debilitating effects of trauma please ensure you consult a Certified Havening Techniques® Practitioner or other trained and experienced professional.

Havening is scientifically proven to work, is amazingly quick, requires no disclosure & results are permanent!

- 1 Think about the situation that distresses you.** On a scale of 0-10, with 10 representing the highest anxiety level what number are you when thinking deeply about it for 30 secs?
- 2 Distract Yourself.** Name what you had for dinner two nights ago detailing all courses – this is to help clear your conscious mind of the troubling situation.
- 3 Havening Touch®.** Cross your hands across your chest so your right hand is on your left shoulder, and your left hand is on your right shoulder. Close your eyes and start stroking slowly but consistently from top to bottom and keep repeating until advised to stop below.
- 4 Peaceful and Safe.** Whilst gently stroking your arms, imagine walking through a peaceful, safe place and as you walk count each step out loud from 1 to 20.
- 5 Feel loved.** Keep stroking your arms and do the 13 times table backwards from 156 (change the times table each time you do it). As you get to the next number reward yourself with a feeling you get when someone you love gives you a hug.
- 6 Have a laugh.** Keep stroking the arms and hum out loud “old McDonald had a farm”. If you want to hum with a hee hee hee and a ha ha ha, even better!
- 7 Feeling positive.** Keep stroking the arms and imagine a warm glowing comforting feeling inside which keeps on getting bigger and brighter and stronger until bright light is shooting out from you with positive energy in all directions.
- 8 Check in on yourself.** Stop stroking the arms and open your eyes. Try to think of the event that bothered you previously. On a scale of 1-10, with 0 representing no issues, calm and confidence and 10 representing the highest fear and anxiety what number on the scale are you when you recall the trauma?

Your number should have reduced. For help and confidential support

call Mark on 0774 263 4581. Support available in person or via Zoom/Skype/FaceTime.