

Exercise:

Shrinking Content

(1-2 min)

- **Think about all the “stuff” you are dealing with right now**
(work, personal, relational, emotional, physical)
- **How “big” does it all feel in this moment?**
- **Stretch your arms as wide as the life content is seeming to you.**
- **Imagine your body getting bigger and bigger as you slowly bring your hands toward each other, shrinking the content into a ball**
- **Pick an object in your space and “put” the content into the object.**
- **Let the object represent all you’ve been carrying**
- **What feels different when you are bigger than the life content and not personally holding it?**
- **How have your body sensations, your Activation Level or your mental/emotional state changed?**