

# PENDULATION ACTIVITY

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## PURPOSE

This activity can be used to encourage clients to notice how emotional responses manifest in the body. Clients may feel disconnected from their body, and this activity is a good introduction to the mind-body connection. This exercise can be grounding, promote an awareness of calm, and promote safety and self-soothing in a session.

## INSTRUCTIONS

Ask your client to find a comfortable seated position with their feet on the ground. Speak slowly, using a calm voice. Listen for when you can direct your client to notice safety within their own body. Adapt the language to be consistent with your practice approach.

## SAMPLE SCRIPT



Move into a comfortable position with your feet on the floor. Take a few breaths, just noticing how each inhale and exhale feels. *(Pause)*. Take your awareness to your body, from the top of your head, all the way down to your toes. Notice any areas of tension, tightness, or discomfort. *(Pause)*.



“Continue to breathe, and bring your awareness back down your body from your head to your toes. Notice any areas of calmness, lightness, or comfort. This can be as small of an area as your baby toe or earlobe. *(Pause and check in with your client about their awareness of a calm place)*.”



“Now, still breathing in and out, bring your awareness to the area of discomfort and imagine your awareness as a pendulum that swings back and forth. Swing your awareness from the area of discomfort to the area of calm in your body, back and forth, back and forth *(slowly, pausing)*. Just notice your body and your breath. What are you noticing in your body now?”

Continue to do this until the client reports calmness in the previously tense area of their body. If the client reports no change, transition to a grounding exercise that focuses on breathing only.