



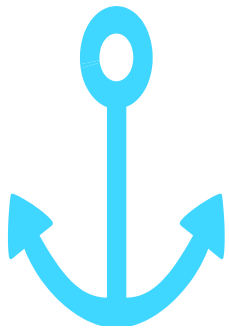
# ARC Counselling and Information Service

## Peer mentor training – worksheet

### Anchoring

Anchoring is something that happens naturally in our lives when we make decisions about things and can influence how we feel about things, not always in the most helpful way.

We can also use it deliberately to change how we feel about things. This will be explained in more detail during the training.



### How do you do it?

- Recall an experience you have had
- Max it up – this means to add all the details, so think about:
  - Sight – what can you see, including colours, textures and movements? How bright or dark is it?
  - Sound – what can you hear? Are there louder and quieter sounds?
  - Smell – what can you smell? Are there any nice smells? Are there any unpleasant smells?
  - Taste – can you taste anything?
  - Touch – can you touch anything? What are the textures? What about the temperatures? What can you feel on your skin? Temperature? Movement? Any other sensations?
- When the experience is at its peak, anchor it to a specific physical place
- Break the state
- Repeat the process
- Test it

Remember for this to work the anchor needs to be 'fired' (practiced) three times a day for three days.

**Use it or lose it!**