



Exercise 1

Verbal and non-verbal techniques



POWIATOWE CENTRUM
POMOCY RODZINIE W
OŚWIĘCIMIU



UK - Butterflies LTD



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Verbal and non-verbal techniques

People have a set pattern of behaviour. Among them are those that are necessary, they must protect us against threats. Their constituent elements are emotions, including anxiety. Fear and anxiety are needed to often save our lives.

If, however, these emotions intensify to a level that becomes dangerous to a human, causing reduced mental states, actions should be taken to restore them to an acceptable level, i.e. one that will not affect the quality of our lives.

Actions should be taken to restore them to an acceptable level.

Anxiety and anger are emotions that do not exist together. We do not experience fear and anger at the same time. It happens that one of emotions replaces the other or alternate. If you are angry with your fear, you can stop it growing. You can do it verbally or non-verbally.

When you feel that the level of anxiety is approaching a border that is dangerous to you, use the following verbal technique:

Say or shout:

"Go away!"

"Get out of my face!"

"Get out of my way!"

"You can not stop me! I will do it anyway! "

"No!"

"I don't need you"

You can use any word that will express your anger at anxiety and the desire to get rid of it immediately. It is very important to realise that verbalising what you think is sending a **"STOP"** signal to your brain.

Depending on your needs and external conditions, try to say or shout these words.

Also use non-verbal and physical techniques.

- Start stamping your feet. Hit the ground with the strength and speed you think is right for you. When doing this exercise for the first time try stomping with different strength and speed. Note at what point the fear goes away.
- Lie down on a foam mattress, spacing your legs freely to the width of the hips and start to kick rhythmically up and down, hitting the mattress with your feet with emphasis on your heels. Try to hit faster and harder. Note at what point you get rid of your anxiety/fear.
- Prepare a pillow or a punching bag and hit your fists with it. As in the previous exercises, choose the strength and the right speed for yourself. Try this exercise with different strength and speed. Perhaps you will need to change these parameters to effectively get rid of the unwanted emotion and take control over it.

Verbal and non-verbal techniques can be combined in any combination.

You can kick and shout at the same time **“No!”** Try out the methods and see which method will be the most effective for you.