

Script for pendulation

“Take a breath, make yourself comfortable. Now shift your attention, thoughts and feelings into your body.

What do you notice? Pay attention to any uncomfortable, upsetting feelings or sensations without judging whether they should be there or not. Feel what it’s like to be in your body with those uncomfortable sensations.

Choose one sensation to pay attention to. On a scale of 0-10, where 0 is neutral and 10 is distressing – how distressing does the sensation feel?

After rating this distressing feeling, look for a place in your body that feels neutral/ comfortable and shift your attention to this place.

There is no right/wrong place – anywhere in your body that feels neutral. Focus your attention there.

Notice the qualities of that place – does it feel calm? Peaceful? Simply notice what it feels like without judging.

Now, shift your awareness back to the uncomfortable sensation part of your body where the distress is. Notice what you feel.

Now shift your awareness back to the neutral place. Notice what you feel.

Continue pendulating between the neutral place and the disturbing place and repeat this in a gentle pattern.

Notice if the distress scale starts to come down each time you revisit the distressing place, after being in the neutral place. And if this is having a positive effect, continue for as long as is comfortable!

And end the exercise in the neutral place”