

Going Home - Exercise

Applications

This exercise brings a sense of comfort with it that can help those experiencing distress, fear or emotional pain. It is a useful exercise to help soothe a person.

As a supporter, use your instincts to show you how to use this exercise.

Read the whole sheet before using.

Exercise

1. Think about what 'home' feels like. Take a moment.
2. Describe in words or actions what 'home' feels like. Keep going till you feel like you've communicated these feelings as best you can.
3. Now find no more than three words or actions that sum up this feeling.

Teaching points

- 'Home' exists within you (everyone) no matter where you go, you don't have to search for it. You just experienced it!
- Only our thinking will take us away from it. It hasn't gone anywhere, we're just not seeing it.
- You just used your power of thought to create that feeling and experience. The power of thought never goes away, (unless we die). You always have access to this power, no matter what 'state' you are in.
- When you feel fear, pain, sadness etc, you're using the same power of thought, but in a different way.
- Right now in your life, the three words you chose are the feelings that you look for to bring you comfort. Follow those feelings wherever they appear.

Note

Remember that the word home means different things to different people. For some people they know what they'd like home to be, so go with that.

Others may have unhelpful attachments to that word they just can't get over. Find something else to replace it, like safety, or comfort.