

OBSERVE

Therapist: I invite you to sit upright in your chair with your back straight and your feet flat on the floor. Most people find they feel more alert and awake sitting this way, so check it out and see if this is the case for you. And either close your eyes or fix them on a spot, whichever you prefer. And take a few slow, deep breaths, and really notice the breath flowing in and out of your lungs. (*Pause 10 seconds.*) Now quickly scan your body from head to toe, starting at your scalp and moving downward. And notice the sensations you can feel in your head ... throat ... neck ... shoulders ... chest ... abdomen ... arms ... hands ... legs ... and feet. Now zoom in on the part of your body where you're feeling this feeling most intensely. And observe the feeling closely, as if you're a curious scientist who has never encountered anything like this before. (*Pause 5 seconds.*) Observe the sensation carefully ... Let your thoughts come and go like passing cars, and keep your attention on the feeling ... Notice where it starts and where it stops ... Learn as much about it as you can ... If you drew an outline around it, what shape would it have? ... Is it on the surface of the body or inside you, or both? ... How far inside you does it go? ... Where is it most intense? ... Where is it weakest? (*Pause 5 seconds.*) If you drift off into your thoughts, as soon as you realize it, come back and focus on the sensation ... Observe it with curiosity ... How is it different in the center than around the edges? Is there any pulsation or vibration within it? ... Is it light or heavy? ... Moving or still? ... What is its temperature? ... Are there hot spots or cold spots? ... Notice the different elements within it ... Notice that it's not just one sensation—there are sensations within sensations ... Notice the different layers. (*Pause 5 seconds.*)