

## COMFORT IN THE PALMS OF YOUR HANDS EXERCISE

### OVERVIEW

The following exercise is to be used in conjunction with our book, “*What Is PTSD? 3 Steps to Healing Trauma*” for best effect. Please visit [www.WhatIsPTSD.com](http://www.WhatIsPTSD.com) for additional resources.

### GOAL

The *Comfort In the Palms of Your Hands Exercise* helps you focus on achieving a state of calm in the center of your palms – and excellent substitute for deep breathing. This exercise follows the same formula as Layering. This is a good alternative for individuals who find it difficult to gain comfort using their breath.

### TIME OUT

Always reflect on your inner state and notice if you need a break from the exercise to find your inner calm.

### MATERIALS AND LAYOUT

Pen or pencil and the form below.

### PATH TO COMPLETE

	Target Event	SUD's
1.	Identify the Event that you want to work on in this exercise. Before you begin, rate the memory using the SUD scale and return to this rating before you finish the exercise. An SUD describes a feeling of distress where 1 = feeling calm; 5 = some upset but I can handle it; and 10 = the worst feelings of distress, I feel out of control.	
2.	Focus on the center of the palms of your hands.	
3.	Imagine a warm sun beaming into the center of the palms of your upturned hands.	
4.	Allow yourself to sense a feeling of warmth and relaxation, soothing and smoothing out the center of the palms of your hands creating a feeling of release that radiates throughout your hands to your fingertips and up your arms into your shoulders and neck. Imagine the warmth spreading and easing any discomfort you may be feeling. Continue to monitor the comfort in your hands. Whenever you lose comfort, this is a signal to take a break and find comfort again. Once you are able to achieve a sense of <i>Comfort in the Palms of your Hands</i> , follow the steps from the Layering exercise above substituting Comfort in your Palms for Breathing.	