

PHYSICAL CONNECTIONS 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 for additional resources.

GOAL

The goal of the *Physical Connections Exercise* is to explore physical ways in which you can connect with others on a more personal and enjoyable level such as joining a walking club, taking up yoga, or signing up for a bowling league. Tai Chi and Qi-gong are also useful and gentle ways to increase our activity levels slowly. As with the three other *connecting* exercises we will address (Intellectual, Creative & Artistic and Spiritual & Personal Growth), our goal through this exercise is to help you settle into your skin and to begin the process of becoming fully and genuinely who you wish to be.

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 we have provided on the following pages.

PATH TO COMPLETE

1. Identify below several physical activities that interest you or that you always wanted to try, such as joining a walking club, taking a yoga class, or joining a bowling league. The activity must include some level of social interaction or element.

2. Investigate physical activity pursuits that are available in your vicinity, or create your own group!

3. Based on your investigation, select two to three ways to become involved socially, at least once each month.

4. Decide if any one of these activities is a good fit for you after attending at least three to four times. If this particular activity is not a good fit, move on to the next!
