

Room Tour

You might be surprised how taking a tour in the space you are in can bring you back to the present and help neutralize your emotions.

Start by taking a slow walk around the area where you are. Choose 3 random safe objects.

1

Describe the object in detail:

(What color is it? How does it feel - texture, temperature, weight? What could it be used for? When is the last time you used this object?)

2

Describe the object in detail:

(What color is it? How does it feel - texture, temperature, weight? What could it be used for? When is the last time you used this object?)

3

Describe the object in detail:

(What color is it? How does it feel - texture, temperature, weight? What could it be used for? When is the last time you used this object?)

Repeat as needed.



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