

## ANCHORING - Method

<u>AIM:</u>	<u>HOW TO APPLY:</u>	<u>GOOD FOR:</u>	<u>CAREFULL:</u>
<ul style="list-style-type: none"><li>• To provide an anchor in moments of anxiety.</li></ul>	<ul style="list-style-type: none"><li>• Attach a positive image to an object / part of body.</li></ul>	<ul style="list-style-type: none"><li>• Anxiety and relaxation.</li></ul>	<ul style="list-style-type: none"><li>• Not really</li></ul>

