

Daily Micro-Practices for Processing Difficult Emotions

by Victoria Lorient-Faibish | visualizationworks.com

These gentle tools help you stay grounded, present, and connected during emotional intensity. Use them anytime you need calm and clarity.

Core Practices

3-Second Grounding Touch

Place hand on heart, sternum, or belly.

Say: "I'm here. I'm safe. This moment is allowed."

Name It to Tame It

Label the feeling: "This is anger." "This is shame."

Optional: "And it's okay to feel this."

The 4-Second Tether

Look at a nearby object for 4 seconds.

Say: "Blue mug." "Silver candle."

Why: Brings you into the present.

Micro-Sigh Release

Inhale for 4 counts. Exhale with a sigh: "Haaaaahhh." Repeat twice.

10-Second Compassion Flash

Close eyes, picture your younger self.

Say: "You're allowed to feel this. I've got you."

Pocket Anchor Phrase

Create a quick, grounding mantra for tough moments.

Examples:

- "This is intensity, not danger."

- "I can feel and stay grounded."

EMDR-Inspired Self-Soothing (Bilateral Stimulation)

Butterfly Hug

Cross arms, tap shoulders left-right gently.

Say: "I'm safe. I'm here. I can handle this."

Thigh Taps (Discreet)

Tap your left and right thighs slowly and rhythmically.

Use in sessions, meetings, or public spaces.

Eye Movement Soft-Scan

Move eyes side to side, slowly.

Say: "This feeling is real, but it's moving through me."

Bilateral Audio (Optional)

Use earbuds with alternating tones to calm the nervous system.

Great before sleep or post-trigger.

Releasing Affirmation with Tapping

While tapping, say:

"I am releasing what no longer serves. I am grounding into peace."

Quick Reference: Helpful Phrases

- "I'm here. I'm safe. This moment is allowed."
- "This is anger/shame/grief... and it's okay to feel this."
- "Blue mug." "Silver candle." (or any object near you)
- "Haaaaahhh." (sigh it out)
- "You're allowed to feel this. I've got you."
- "This is intensity, not danger."
- "I can feel and stay grounded."
- "I'm safe. I'm here. I can handle this."
- "This feeling is real, but it's moving through me."
- "I am releasing what no longer serves. I am grounding into peace."