

You will feel particular excitement when you encounter situations, people and stimulants which remind you of the traumatic experience. At times it's a colour or a noise. Through self observation you can see what triggers high excitement in you. When you know your own trigger, when you know what gives your brain information that there is danger therefore leading to a hormone release and alertness, then you can by yourself give the all clear signal.

In the relaxation exercises on this CD you will find tips and aid to calming yourself down and relaxation. There are more possibilities of helping yourself. We will present you now a few.

**How can I overcome trauma?  
Advice for self help**

Self-help possibilities can be individual and culturally different, but there are also some experiences here which can be helpful to you. What goes for all traumatised people is, that the feeling of safety and calmness helps. And also the ability to calm oneself.

Rosi und John give us a few tips from their experience:

*John: "Speaking helps: Treating a trauma means giving expression to a happening, So speak either in therapy or in a conversation with a trust worthy person, about everything, what burdens you, what worries you, about your dreams, thoughts and emotions."*

*Rosi: "Normality helps: give yourself a few daily treats, make it a habit to do things which make you feel well daily, a small walk, listening to enjoyable music, reading poetry. Make activities which are desirable to you become a habit, to rituals of your life."*

*John: "Contact helps: to be in contact with other people, to speak to them, to laugh or to cry."*

*Rosi: "Creativity helps: either singing, baking, cooking, painting, playing with children, hand-work, production, expression, movement, all that helps."*

*John: "Movement helps: whether it's a walk in nature, sports or dancing."*

*Rosi: "Obligations help: like shopping, caring for children, housekeeping and work."*

*John: "It helps, internally, "despite" despite everything experienced to say "yes" to life."*

*Rosi: "It helps to strengthen ones own morals, either family, political or religious. Giving up and carrying on as usual does not help."*

Neither you nor us can undo the happening, but in this way you can help yourself to again be a part of life.

**The effects of visualisation**

Perhaps you suffer from one of the following symptoms:

Excitement of the body with nervousness and disquiet, increased wakefulness, trembling, fright, irritability and sleep disorder.

Or you live in constant alertness, cannot concentrate, are dejected, cannot feel any emotion. Perhaps you have the feeling that you are not in control and that you consider the happenings in the world and your future negatively.

**Through relaxation and imagination procedures, you can learn how to have active control over specific body processes.**

The exercises cause a reduction in the general excitement levels and a decrease of body tension. This leads to a lessening of stress and pain will decrease. You will feel better, sleep better and can better concentrate. Your fear will reduce.

Through regular exercises your body's cognitive functions will get better, bodily disorder will get better or be prevented. Pain will be relieved.

In general these exercises will help you to relax, to find quiet and safety. You will learn to consciously let positive, good feelings emerge.

When you ask yourself how the work with internal images functions, then simply imagine you were biting a lemon.

Watch the reaction this imagination would trigger in your body

Perhaps you would distort your face and tightly close your eyes, perhaps you have the feeling that you really have a sour taste in your mouth and your mouth pulls itself together, perhaps you shake a bit. – Pause –

**Your body reacts to this imagination as if you really had bitten into a lemon.**

When you have exercised with internal images, you will realise that as soon as you recall these imaginations, you can experience positive emotions and feelings which you relate to these pictures. This leads to well-being and helps your body to relax.

There are two different relaxation (Introduction i.e. Induction 1 and 2) and also two imagination exercises (1 and 2) on this CD.

Practically, induction serves as an entry into working with internal images.

However, we have separated the unit in order to enable individual creations and to suit your preferences. That means you can choose which entry you can combine with an imagination exercise.

## 1. Inductions

### 1.1. Inducing relaxation: about breathing techniques

Sit comfortably with the feet placed on the ground, the arms lying at ease on the chair's arm rest or on your laps. The spinal cord is straight, the head is at ease on the shoulders. (4)

Take a couple of deep breaths and let your breath gradually become quiet. (4)

If thoughts emerge, let them pass by like clouds in the sky without grasping them. (2)

Breathe in (1) - breathe out (1) - breathe in (1) - breathe out (1) - breathe in (1) - breathe out (1)

Search for a point in the room e.g. on the opposite wall (3), fix it with a stare/concentrate on it. (2) Try not to move the eye lids. (2)

Then count slowly and quietly at the same time from ten backwards to one. Pay attention that you continue to breathe quietly. (1).

If it's comfortable for you, you can close your eyes. (1) However, be aware that you can at any-time during the exercise open them and thereby return to the present.

If you reach position 1, you'll feel quiet and concentrated.

10 - 9 - 8 - 7 - 6 - 5 - 4 - 3 - 2 - 1. (Please wait two seconds between every Step).

### 1.2. Inducing relaxation: about muscle relaxation

Sit comfortably with the feet placed on the ground, the arms lying at ease on the chairs arm rest or on your laps. The spinal cord is straight, the head is at ease on the shoulders. (4)

Take a couple of deep breaths and let your breath gradually become quiet. (4)

If thoughts emerge, let them pass by like clouds in the sky without holding them. (2)

Breathe in (1) - breathe out (1) - breathe in (1) - breathe out (1) - breathe in (1) - breathe out (1)

With every exhalation you can also imagine that all what is burdening you is falling away. (1)

With every inhalation you can imagine that you absorb air, oxygen and fresh energy. (3)

You feel that you are becoming quieter with every inhalation, that you can relax more and that you carry your breath in your middle section (2)

If it's comfortable for you, you can close your eyes. (1) However, be aware that you can at any-time during the exercise open them and thereby return immediately to the present.

Let your attention move gradually through your body. (1)

How do your feet which are placed on the ground feel? (3) Do they give you a hold in this position? (2) Are they tense? (2) Change your position until you have the feeling that you have a good and secure contact with the ground. (5)

How do your feet feel? (3) Are they tense? (2) Relax them, perhaps you would like to shake them a bit. (3) Change everything here too, till you have a relaxed feeling in the legs. (4)

How do your buttocks and back feel? (3) How does the contact to the chair feel. (2)

Are the buttocks and back tense? (2) How does that feel? (2) Is it cold or hard (2)

Perhaps you can relax all the muscles in your buttocks once (1), hold for a moment - (break) (2) - and then release. (2) How does that feel? (2) Is it warmer than before (1), softer? (2) Now do the same with your back(1): Get tense (1) - hold (2) - release (2). How is it now in comparison to before? (4)

Let your attention gradually move to your arms (1): How do your arms feel (3) Do you see colours which appear to you? (2) impressions? (2) Perceptions? (2)

Tense the muscles in your arms, bend your arms (2) Relax (1) Hold (2) - Release (2)

Is there a difference to before? (2) Have the colours changed? (1) Does it feel different? (4)

What about the shoulders? (1) How do they feel? (2) Are they tense? (1) Hard or soft? (1) Do you have the impression that a heavy burden is lying on them? (1) Perhaps you would like to move them, let them circle, shake them. - Break (3)

- Now raise the shoulders upwards towards the ears. Tense them (1) - Hold (2) -Release. - Break (2) - How does it feel now? (2) Has something

changed in comparison to before? (3)

Now turn your attention to your head(1) Where do you feel your head is? (1) Do you feel a connection between it with other parts of the body (2) or they exist unconnected beside each other? (2) Does it feel heavy or light? (2) Warm or cold? (2) Let your head move very slowly and carefully in circles. (2) Feel the circling movements from neck to head (2) Then let your head again come back to rest in the middle. (3- How does it feel now? (2) Has something changed in comparison to before? (3)

To end, tense all the muscles in your body again (1) Tense them (1) – Hold (2) – Release. (2) Feel into your body. (1) How does it feel now? (2) Has something changed in comparison to before this exercise? (3)

Now return your attention again back to your breath. (1) Breathe in – (1) Breathe out. (1)

## 2. Imagination exercises (fantasy trips)

Once for memory:

When you have closed your eyes, you can of course reopen them any time. As soon as you experience fear or discomfort simply open your eyes so that you can return immediately to the present.

### 2.1. Practising relaxation:

#### A place of security

At first: Introduction 1 or 2

Take a few deep breaths

Breathe in (1) – Breathe out (1) – Breathe in (1) – Breathe out (1) – Breathe in (1) – Breathe out (1).

Imagine with your will power, to be travelling on the wings of your fantasy, to a place where you can feel safe and secure. (1) A place which can be your home. (1) A place where you can find quiet and peace. – Break (3) - Perhaps this is a place out in nature (1) like for example a place on the sea (1), on a beach (1), a place in the hills (1), in the forest or in a field of flowers. (1) Perhaps it's a house or a cave. (1) Perhaps it's a place which actually exists, (1) or a place which exists in your fantasy. – Break (3)-

Be open for that which you can now see with your inner eye. – Break (2)- What can you see? (2) What colours exist in this place, where you feel safe and secure? – Break (2) – What is the intensity and brightness of the colours? – Break (2) – Perhaps the colours, the intensity and brightness are different when you see them with your „normal“ eyes. – Break (2) – Experiment

with the colours, change the brightness, let the colours be brighter or darker. (1) How do the differences feel? – Break (2) – Then find the colour tones and intensity which are comfortable for you.– Break (3) - What do you hear? - Break (2) – What tones and noises penetrate your ear? – Break (2) – Perhaps you hear the wind (1), the roar of the forest (1), the waves of the sea (1), the murmur of a stream (1) or the chirping of a bird (1)? Perhaps after a while you can hear a melody out of the noises? – Break (3) - What can you smell? (1) What smells belong to this place in which you can find safety and security? (2) What smell is in the air? – Break (3) - Perhaps you can taste something (1), for example the sea salt in the air. – Break (3) –

How does the ground beneath your feet feel? (2) Are you walking on soft ground which absorbs your weight with every step (1), for example in the forest (1), on a field (1), on a beach? – Break (2) – Are you walking bare foot or with shoes? (1) How does the grass or sand beneath your feet feel? – Break (3) -

Can you also feel something else? (2) For example the wind, which is playing with your hair (1) or the warm sun on your skin? (1) Or the refreshing water drops on your arms or in your face?– Break (3) – Perhaps there are other senses of perception? (2) Open your self up with all your senses ! (1) What do you perceive in this place where you feel safe and secure (1), your home (1), where you find quiet and peace? – Break (3) –

Note that you can change what isn't suitable to you regarding your cognitive perception –colours (1), sounds (1), smell (1) – until it makes you feel comfortable. – Break (5) –

Breathe in quietly with every breath (1), peace (1), safety (1) and security (1) these places inside you. (1) Feel how the power and energy which these places offer you spread through and reach every cell of your body. – Break (3) -

Perhaps you would like to relax a bit? (1) So look around for a place where you can lie down or sit. Feel the deep peace which surrounds you. – Break (3) -

Perhaps you would like to explore this place better? (1) So walk around. What is there to discover? – Break (3) -

Perhaps there are other living beings here? (1) Perhaps animals (1), People or other beings? (1) Be aware that only those who have got your permission can step into this place. (1) This place is protected and you are safe here. (2) Greet the living beings, people and animals which you en-

counter. (2) Feel the familiarity between yourselves. (1), the deep alliance (1), the pleasure to meet them here and be together with each other. – Break (5) -

Now get set slowly to return. (2)

Bid farewell to the people, animals, beings which you encountered. (2) Bid farewell with the knowledge that you now know the way here and can at anytime return here. You only have to close your eyes and visualise this place. (3)

Say thanks to all you encountered here. (2) Also say thanks to the place where you feel safe and secure. (1), where you experienced quiet and peace (1), which is like home to you. (1) Feel the gratefulness in you. (2)

When you start the journey back, be aware that you take with you all these good feelings. (1) They are now stored in your body. – Break (3) -

Again concentrate on your breath. (1) Feel how you breathe in and out. (1) Breathe in (1) – Breathe out (1) – Breathe in (1) – Breathe out (1) - Breathe in (1) – Breathe out . (1)

Place both your hands on top of one another on your heart. (1) and feel the good feelings, which you have brought from this place of safety (1) and security (1) flowing into your heart (2)

Feel the warmth of your hands on your heart. (1) Feel the quiet and peace which surrounds you. (1) Starting from now, when you place both your hands on your heart (1), you can unite yourself with this quiet and peace, this feeling of safety and security.– Break (3) -

Then open the eyes slowly. (1) and return to the present. (1) Feel the boundaries of your body (1), Feel how your body touches the chair on which you are sitting, or the ground on which you are lying. – Break (3) -

Stretch yourself (1), move your arms and legs (1), perhaps your body would like to be shaken and turned around (1) Feel the new power and energy in you.

## 2.2. Practising relaxation:

### A garden

At first: Introduction 1 or 2

Take a few deep breaths

Breathe in (1) – Breathe out (1) – Breathe in (1) – Breathe out (1) – Breathe in (1) – Breathe out (1).

Imagine with the help of your will power, to be travelling on the wings of your fantasy. (2) Visualise a garden. – Break (3) -

How does this garden look? – Break (3) -

Perhaps the garden is surrounded by a hedge (1) or a wall covered with ivy growth.

(1) Or tree borders to protect the garden. – Break (2) -

Is it an enchanted garden (1) or a garden with groomed flowers and vegetable beds (1) Is it a cultivated garden or a garden like a park. (2)

Perhaps it's a garden which exists in reality or its a garden which exists in your fantasy (2)

What can all be found in your garden?– Break (2) – perhaps there are flowers, vegetables, shrubs, trees or grass fields? (2) Perhaps there is a well, a fish pond or a small stream in your garden? – Break (3) -

What else is there to discover? (1) Is there a bench, a swing, another place to sit ? – Break (2) -

Do animals live in the garden? (1) If so, what animals are they? (1) What do they look like? (1) What noises do they make? (1) are they domesticated or are they shy? – Break (3) -

Are you aware of all that you can see? (1) What are the colours in your garden? Break (2) - What is the intensity and brightness of the colours?– Break (2) -

Perhaps the colours, the intensity and brightness are different if you see them with your "normal" eyes – Break (2) – Experiment with the colours (1), change the brightness (1), let the colours become brighter or darker. (1) How do the differences feel.? – Break (3) -

Then find the colour tones and intensity which are comfortable for you. – Break (3)-

What do you hear? -

Break (2) – What sounds and noises are penetrating your ears? – Break (2) -

Perhaps you are hearing the wind. 1), the rustling of trees (1) the splashing of a stream or the chirping of birds? – Break (2) -

What can you smell? (2) What noises belong to your garden? (1) Perhaps you are smelling the smell of flowers, trees, herbs, grass? – Break (3) -

Perhaps you can also taste something. – Break (2) -

How does the ground beneath your feet feel? (1) Are you walking on soft ground which absorbs your weight with every Step? – Break (2)

Are you walking on soft grass, on leaves or on sand (2) Do you have shoes on or are you bare-foot? (1) How does that feel? (2)

Can you also feel something else? (2) For example the wind in your hair or the warm sun on your skin? (2) Or the refreshing water drops on

your arms or in your face? – Break (2) – Perhaps there are other senses of perception? (2) Open your self up with all your senses !

What do you perceive in your garden? – Break (4) –

Note that you can change what isn't suitable to you regarding your cognitive perception – colours (1), sounds (1), smell (1) – until it makes you feel comfortable. – Break (5) –

When you now make yourself a bit familiar with your garden, imagine a large compost heap. (2) A compost heap which can transform everything and then give it back to the earth. (2)

Where is this compost heap located in the garden? (2) How does it look? (2) What do you smell? (2) What else do you perceive? – Break (4) –

Now imagine that you are carrying all that burdens you in your rucksack on your back (3)

Your shoulders are heavily burdened by this weight, your back is perhaps already bent due to this burden (2)

Remove the rucksack and put it next to you (2) Remove the things in it and see them one after the other. (3)

Evaluate every item and decide whether you want to keep it or give it away (2)

What do you want to discard (1), what do you want to give away ? (3)

Place what you want to keep on the side. (1)

Place what burdens you and what you would like to discard on the compost heap. – Break (5) –

Be aware that the compost heap will transform everything and re-cycle it. – Break (5) –

Feel the relief which you now experience (3).

How does the new lightness feel (2)

Now that you have discarded and given away all that burdens you and can be changed. – Break (3) –

Where do you feel this lightness in your body? – Break (5) –

When you are sure that you have discarded all that you wanted to on the compost heap (1) re-pack all you would like to retain in your rucksack. (2)

Review the things which you have repacked and will take with you. (2) Perhaps the next time when you are here you will give away and discard more.(1)

Perhaps it's enough for today. – Break (4) –

How does the rucksack look now? (2) Is it small-

er than before? (1) Can you still recognise it?

Break (3) –

Now place your rucksack again on your back. Perhaps you are surprised at the lightness and you must get used to the new weight. (2)

How does the this light rucksack feel on the back ? (2) How do your shoulders feel? (2) Are you

relieved (1) Where else in your body do you feel the relief? – Break (2) – What has now room within you to live, to grow? (5) – Break -

Breathe deeply now a few times in and out. (1)

Feel how this new lightness spreads in your body and reaches every cell of your body . – Break (4) –

Feel how joy and new courage to live spread in you. – Break – (5)

Now get set slowly to return (2)

Bid farewell to your garden, the place of transformation. (2) Go with the knowledge that you now know the way here and can return anytime. (1)

You only have to close your eyes and visualise the garden and the compost heap (2).

When you start the journey back, be aware that you take with you all these good feelings. (1)

They are now stored in your body. – Break (3) –

Again concentrate on your breath. (1) Feel how you breathe in and out. (1) Breathe in (1) –

Breathe out (1) – Breathe in (1) – Breathe out (1) - Breathe in (1) – Breathe out. (1)

Close both your hands into fists. – Break (2) –

Then open them quickly and spread the fingers apart so that when your fingers touch the palm of your hand a noise emerges. (3)

While opening the fingers imagine that you have now really discarded what burdens you. (2)

Feel the lightness and the new courage to live in you. – Break (3) –

Now every time you make this hand motion, you can unite yourself with this lightness and new courage to live.– Break (3) –

Then slowly open the eyes (1) and return to the present. (1) Feel the boundaries of your body

(1), Feel how your body touches the chair on which you are sitting, or the ground on which you are lying. – Break (3) –

Stretch yourself (1), move your arms and legs (1), perhaps your body would like to be shaken

and turned around (1) Feel the new power and energy in you.