

## CHANGE WORDS: Changing My Anxious Words to the Opposite

### Steps:

- 1) List words from *Feeling Floor Check*
- 2) Ask group members to consider the *Feeling Floor Check* words and then go to the opposite thought for each word. List all changed words

If there is extra time – place the “changed words” on the floor

- Ask participants to “stand on or near” the feeling that best describes *their change*.
- Say, “Whenever you are warmed-up, share in a sentence or two as to why you are standing where you are standing.
- After all who wish to have shared allow the group to repeat the process and stand on another feeling that they might also be experiencing (note: learning to “hold” more than one feeling at a time helps clients to tolerate living in “gray” rather than “black and white”) than share as before.
- Invite group members to make another choose and repeat the sharing. Most of us have more than one way that we manifest anxiety. Repeat this process again if desired. Or, a resilience building question might be:
  - “Which form of anxiety was once a problem for you to change the word?
  - Walk over and stand or near the changed words that you have the hardest time dealing with in others
  - Which *Feeling Floor Check* words are the hardest/easiest for you to apply grounding or mindful techniques?

**Area:** CBT, DBT, & Psychodrama

**Source:** Dayton, T. (2014). *Relational Trauma Repair(RTR); An Experimental Model for Working with PTSD Social Metrics* (Revised ed., Therapists Guide). New York, NY: Innerlook.