

Feeling Floor Check: What Form Do My Own Anxious Thoughts Take?

Allows group members to broaden their concept of the many ways in which anxiety may manifest.

Anxiety can sometimes shut down your feelings, freeze emotions, and your ability to feel grounded. Floor check reawakens and categorizes emotion. Learn and/or practice how to feel strong emotions and translate them into words, so that the thinking mind can bring order and balance to the limbic brain/body through insight and understanding.

Supplies: 8 x 10 pieces of paper with “feelings” words such as angry, sad, anxious, content, hopeful, frustrated, desperate, happy, other, etc.

Steps:

1. Scatter the words around the floor and invite group members to stand on or near the card of anxiety that they identify most as their own.
2. Say, “Whenever you are warmed-up, share in a sentence or two as to why you are standing where you are standing.
3. After all who wish to have shared allow the group to repeat the process if there is time.
4. Extra: 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:
 - a. “Which form of anxiety was once a problem for you, but you have learned to cope successfully with?”
 - b. Which types of anxiety do you have the hardest time dealing with or fear the most in yourself?
 - c. Walk over and stand or near the type of anxiety that you have the hardest time dealing with in others

Extra Options

1. At this point you can vary the next criterion questions by asking which:
 - Which feelings do you avoid feeling?
 - Which feeling did your family avoid feeling?
 - Which feelings did your family of origin struggle with or get stuck in?
Which feeling did you have trouble with in your family of origin?
2. If the group still has energy to continue to explore more questions you can vary questions by asking, “Which feeling would you like to experience more of in your recovery?”
3. Offer group members to walk over to someone whose sharing they identify with and have them place their hand on that person’s shoulder. Then ask them to share with that person why they chose him or her or what they identify with.

Note: Feeling Floor Check is designed to allow you to get in touch with what you are feeling, how much you are feeling, and connect with others. The floor check reawakens and categorizes emotion. One of the main tasks of floor check is to learn and/or practice how to feel strong emotions and translate them into words, so that the thinking mind can bring order and balance to the limbic brain/body through insight and understanding.

Area: CBT, DBT, and 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.