Grounding Without Breath Focus

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A character dislikes breathing exercises.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Compare optional external anchors such as colors, sounds, or an object without changing breathing.

3. What external anchor respects that preference?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.