

Evoking Kindness

The Evoking Kindness technique is used within Somatic Experiencing (SE®) by trained therapists to monitor sensations, patterns of actions and soothing behaviors experienced in clients' bodies.

The aim of the technique is to regulate their body responses and avert overriding the nervous system. By purposefully concentrating in self-soothing behaviors that the client might already engage in, the technique can induce comfort in the midst of anxiety.

The following technique can help people learn how to soothe themselves and calm the nervous system by drawing upon their own resources. Remembering a time when you experienced kindness from someone can evoke pleasant physical and emotional sensations.

Be gentle with yourself. If you find yourself experiencing distress or feeling uncomfortable while doing this exercise, you can always take a break and let everything settle.

Steps:

1. Find a comfortable and quiet space to sit in a chair or lie down on the floor.
 2. Remember a time when you experienced kindness from someone.
 3. Try to visualize that situation by paying attention to details from this kind person, such as behavior, gestures, tone of their voice, words and/or touch.
 4. At the same time you remember this situation, draw your attention to the physical and emotional responses you might experience.
 5. Continue noticing the positive aspects of being the receiver of kindness.
- Levine, P. (2008). *Healing Trauma: A pioneering program for restoring the wisdom of your body*. Canada: Sounds True.

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