



Challenge of Grounding

I can't count the number of times that my Therapist has talked to me about 'grounding techniques'. It used to annoy me because I would be trying so hard to ground myself when other selves were causing internal chaos, yet nothing seemed to work. Over the years I have begun to realise that different parts need to use different ways of keeping safe.

A difficulty that I have is identifying 'who' it is needing grounding in a time of crisis. I still haven't got it quite right but I am beginning to recognise 'who' is around and what helps. Some just need to curl up with a soft toy, some like to be active and colour a picture.

Others like to work on the computer, some need to be very physical and go dig the garden or walk fast. The most difficult for us are the selves who want company because they feel isolated and alone. If there is no-one available to talk what then? I am planning to make some paper selves to represent some of us. The hope is that I will use them to talk internally and help them to create inside friendships. I wonder if it will work?