

# EXERCISE TO EXPERIENCE FEELING SUPPORTED

In challenging situations, we often think we have to do it alone, although these situations can be easier with some help. This exercise can help you discover who could help you and what it's like to feel supported.

**1**

Find a place where you can relax and won't be disturbed.

**2**

Sit on a chair with your feet on the floor and your head up;  
place your hands on your legs and, if you like, close your eyes.

**3**

Take time to observe your breathing; without thinking about right or wrong, observe how the air flows in and out;  
if you feel like it, invite your breath deeper into your belly, but don't force anything.

**4**

Observe what you hear, feel, and smell around you; observe what is, nothing more.

**5**

Scan your body from head to toe, step by step, at your own pace; observe without judgment  
what you encounter and finish by feeling how your feet are making contact with the floor.

**6**

Now, imagine the challenging situation standing in front of you in the form of a mountain;  
what does the mountain look like? Is it big or small, close or far away?

Take the time to observe what the mountain evokes in you, without judgment, no right, no wrong.

**7**

Then, imagine that someone who can support you in this challenging situation appears behind you,  
at exactly the place and distance that is appropriate for now. Imagine turning around - whom do you see?

Observe how it feels to see this person and what it's like to receive support from this person.

Also, take some time to realize how this person can help you.

**8**

Perhaps someone else is there to support you too; this person also appears at exactly  
the appropriate place and distance for now. Observe who it is and how it feels to receive  
support from this person. Perhaps you can also discover how this person can help you.

**9**

Take the time to discover what other people might come to stand behind you to support you:

your parents, siblings, family members, friends, or colleagues?

Perhaps you know them well, maybe not? Perhaps they're still alive, maybe not?

**10**

Connect internally with these people, one by one; observe what it's like to receive support from this person  
and realize how this person might help you. After you've seen everyone, take a moment to look at all the people who  
want to support you. Observe how that feels and, if it feels right, thank them for being there for you.

**11**

When you're ready, turn back to the mountain that represents the challenging situation you're in.

Observe, without judging right or wrong, if anything has changed about the mountain and your feelings  
towards the mountain. If you want, take a look over your shoulder to see the people standing behind you.

**12**

Finally, ask yourself what you need to do in this challenging situation.

Feel free to ask the people behind you for advice; what would they say you should do?

Then, feel once more what it's like to stand in front of the challenging situation with support behind you.

**13**

13. When you're ready, return to the here and now;  
you could perhaps write down the insights that emerged during the exercise.