

4 Creating a 'mood box' or 'mood basket'



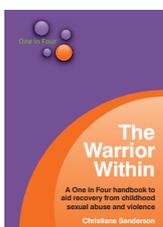
If you are working through *The Warrior Within*, this exercise and further useful information to help you in your recovery can be found on pages 14-15.

Many survivors find creating a mood basket or mood box a helpful way to regulate their feelings and mood. A mood basket is particularly useful as it can be easily transported between rooms or locations, while a box with a lock will ensure greater privacy.

Find a nice basket or box, which you can customise, and place things into it that calm you, bring you pleasure or which you find inspirational. These can include calming images, cards or postcards, meaningful pebbles, stones, or crystals, favourite photographs, flowers or your favourite music CDs.

Other items could include a favourite DVD, book, poem or quotation, a calming scent or aroma, objects from a time or place associated with good memories, jewellery from a loved one, a piece of cloth or a soft toy.

Identify and include some objects that can help to anchor you in moments of distress. Anchors are any objects that ground you and represent a feeling of safety such as a pebble, stone, coin or crystal. It is especially helpful if your anchor is associated with the present day and did not exist in the past when the trauma occurred.



The content of this exercise sheet is based on *The Warrior Within: A One in Four handbook to aid recovery from childhood sexual abuse and violence* by Christiane Sanderson

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