

9 Changing sensory cues



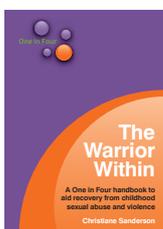
If you are working through *The Warrior Within*, this exercise and further useful information to help you in your recovery can be found on page 44. This exercise assumes you have completed exercise sheet 1 **Starting an activity journal**.

 **If this exercise is too difficult or upsetting, STOP. Take a break from it and make a commitment to return to it at a later point.**

Reflect on your childhood sexual abuse (CSA) experience and try to identify as many cues associated with the abuse.

For example did the CSA occur indoors, at home or other premises such as church, youth club or outside in a car, tent or field? List some of the most powerful cues such as whether it was light or dark, quiet or noisy, cold or warm, tidy or messy? Also try to recall any smells associated with the CSA and your ability to breathe. For instance, if you were restrained or pinned down during the CSA this would have restricted your breathing. Try to link these cues to how they affect your mood and sense of well-being.

As you do this begin to list opposite sensory cues, and experiment with these. For example, if you felt unable to breathe see how it feels to open the windows and allow fresh air to circulate. Notice and record any changes in how you breathe, and how it feels to inhale fresh air rather than stale air, and how this affects your well-being and mood.



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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