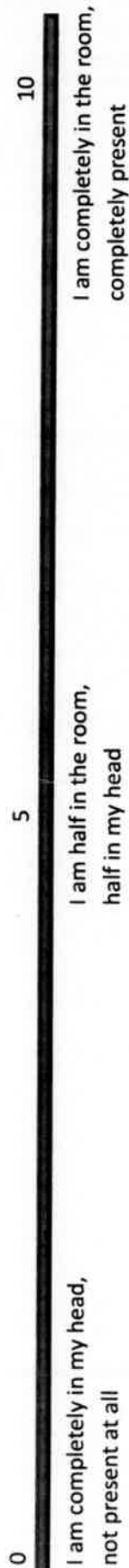


## Somatic Experiencing Orienting Technique –SEOT<sup>1</sup>

This technique can be helpful if you are feeling any unpleasant emotion, but especially anxiety or distress.

Begin by taking a second to check in with yourself about how present you feel on the following scale;



Follow these instructions:

1. Look at the **far left** and name out loud one thing you can **see**.
2. Look at the **far right** and name out loud one thing you can **see**.
3. Look at the **far left again** and name one thing you can **see**.



4. Now name **three things** you can **feel touching your body**.
5. Look **far right** and name out loud one thing you can **see**.
6. Look **far left** and name out loud one thing you can **see**.
7. Look **far right again** and name one thing you can **see**.

Repeat this exercise three times or until you feel more calm, more present, and more grounded.

<sup>1</sup> Adapted from Schubert 2017