

When You Want To Collapse, Lean Into It

"Typically, depression as it relates to C-PTSD is connected to a lingering feeling of collapse in the body in response to feeling immobilized, helpless, or ashamed."*

This exercise, inspired by Somatic Experiencing therapy, helps you move past the impulse to collapse. It uses mindful awareness, combined with specific posture, to get you un-stuck.

- 1 Get comfortable somewhere you feel safe. You should be seated upright, with your feet on the ground.
- 2 Lean into the feeling of wanting to collapse. Release your muscles slowly, letting your chest and arms fall forward toward your feet.
- 3 Really soak in this feeling. What do you sense in your body? Does collapsing trigger any thoughts or feelings?
- 4 Once you've explored these feelings, slowly begin to reverse the previous motion. Straighten back up, until your posture is open and confident. Look straight forward, and notice how this feels. How have your emotional and physical sensations changed?
- 5 If you still feel like you want to collapse, simply do so again. Repeat the above until you feel a positive change. Take notes on any important thoughts that come to mind during the process.

*This worksheet was inspired by concepts in *The Complex PTSD Workbook* by Arielle Schwartz, PhD.