

Processing Tool

Surgery Day

Anchor Phrase: I will move through this day one moment at a time.

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Often waiting rooms, pre- and post-op spaces, cafeterias, and hospital rooms are full of sounds, sights, and smells that feel jarring to our already heightened senses. Take a moment to look around the space you are in right now.

What do you hear? Smell? See? Feel? Taste?

Imagine you have a mixing board like a music producer in a recording studio and that your board controls the space around you. What sounds would you like to turn down? In your mind, imagine adjusting one of the knobs on the board until that sound is at a level that is more pleasing to you. Are there other sounds you want to turn down? Imagine that. Now, is there anything you want to turn up? Perhaps there is lovely music playing through the speakers or a child giggling nearby. Adjust the knobs until the sounds of the room meet your needs.

Do the same with your other senses, turning down what isn't meeting your needs and turning up what may feel pleasant or supportive. If you like, you can try this same activity with feelings you may be experiencing. Perhaps on this day of surgery for your loved one you are feeling both anxious and hopeful. Play around with turning one down and the other up and see how that feels.

