

The Butterfly Hug



This technique was developed in 1997 in Mexico by the Mexican Association for Crisis Intervention. It is used to calm and soothe the body.

Step 1:

Cross your arms over your chest, right hand over your heart, your fingers just below your collarbone.

Step 2:

Begin to tap, first on one side and then on the other, while you say what you feel or think about how you feel.

Step 3:

Breathe slowly and deeply until the emotion has reduced and you feel calm.

