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SESSION 5

INNER SOUND



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PAGES

INNER SOUND

Session #5

Are you ready to continue? Let's start with the exercises for week #5 - Coping Mechanisms.

SESSION # 5 - COPING MECHANISMS

Welcome to session 5. You are doing the groundwork that is needed to get clear on what you can do to deal with challenging impulses and sounds. Well done so far!

How is your energy level? You will keep on looking within to discover more and more about yourself. In this session it's all about coping mechanisms and stress management exercises. I will offer you all kinds of options that you could try to ease the sound stress.

You will also be acknowledging what you already do to deal with triggering sounds and I will introduce some useful exercises that could possibly support you to ease the sound stress.

So here we go. You are ready for the next step to move closer towards the goals you have set out for yourself in the introduction. It is a process of playing, resting. Looking back, being present and looking ahead and taking it easy!

Let's continue!

SESSION # 5 - COPING MECHANISMS

What are coping mechanisms? You could say that these are strategies you have adopted and used to deal with triggering sounds and triggering situations.

Coping mechanisms

- Think about sitting with your back towards the wall so nobody can sit behind you and you can oversee what is happening around you.
- Think about not looking at the person who is making the sound and looking into another more reassuring direction (if it exists).
- Think about using ear plugs, headphones or noise cancelling headphones to even out sounds in your surroundings.

I am sure you have all kinds of strategies already. Remember session #2 + #3? In these sessions you wrote down what you do when you get triggered by a sound. **These actions are most probable your strategies and so-called coping mechanisms.**

SESSION # 5 - COPING MECHANISMS

Do you remember what you wrote down? Let's look at it again in the next exercise. In session #2 + #3 I opted the following (personally tried & tested) solutions on session 3:

- Walk away (... can be the smartest solution)
- Say something about it (... hopefully you said it to a compassionate person)
- Yell (... not recommended even though it does bring relief)
- Ignore it (... not always possible)
- Look for a distraction (... a much better option)
- Block it by perhaps listening to music or by using headphones (... might help, but not always or only to a certain degree)

I am curious. **What do you do when you are triggered by sounds?**
Write it down.

- What coping mechanisms do you use?
- Create your list. Write them all down.
- Value these coping mechanisms as well from 0-10:

0 = 'It doesn't work at all actually!'

10 = 'It works amazingly well!'

Use the next page for notes.

SESSION # 5 - COPING MECHANISMS

Coping mechanisms

0 = 'It doesn't work at all actually!'

10 = 'It works amazingly well!'

A large grid of small, light-colored dots arranged in a regular pattern, intended for a dot-matrix writing exercise. The grid covers most of the page area below the instructions.