We could create hundreds, if not thousands, of different dropping anchor practices, through improvising around the three central processes, which we can remember with the acronym ACE:

**A – Acknowledge your inner experience**

**C- Connect with your body**

**E- Engage in what you’re doing**

A = ACKNOWLEDGE YOUR THOUGHTS AND FEELINGS

Silently and kindly acknowledge whatever is ‘showing up’ inside you: thoughts, feelings, emotions, memories, sensations, urges. Take the stance of a curious scientist, observing what’s going on in your inner world. Notice: What’s your mind doing? What thoughts are ‘popping up’? What’s happening in your body? What feelings are ‘showing up’? Acknowledge whatever thoughts and feelings are present. If you can, put this into words. You can silently say to yourself something like, ‘I’m noticing anxiety’, or ‘Here’s grief’, or ‘There’s my mind worrying’ or ‘I’m having a feeling of sadness’ or ‘I’m having thoughts about being stupid’. And while continuing to acknowledge your thoughts and feelings, also ....

C = CONNECT WITH YOUR BODY

Come back into and connect with your physical body. Find your own way of doing this. You could try some or all of the following, or find your own methods:

1. - Slowly pushing your feet into the floor
2. - Slowly straightening up your back and spine; if in a chair, try sitting upright and forward
3. - Slowly pressing your fingertips together
4. - Slowly stretching your arms or neck, shrugging your shoulders
5. - Slowly breathing in and out (very gently, not deeply)

Note: you are not trying to turn away from, escape, avoid or distract yourself from what is happening in your inner world. The aim is to remain aware of your thoughts and feelings, continue to acknowledge their presence .... and at the same time, connect with your body, and actively move it. Why? So you can gain as much control as possible over your physical actions, (even though you can’t control your thoughts and feelings). And as you acknowledge your thoughts & feelings, and connect with your body, also ....

E = ENGAGE IN WHAT YOU’RE DOING

Get a sense of where you are and refocus your attention on the activity you are doing. Find your own way of doing this. You could try some or all of the following suggestions, or find your own methods:

1. - Look around the room and notice 5 things you can see
2. - Notice 3 or 4 things you can hear
3. - Notice what you can smell or taste or sense in your nose and mouth
4. - Notice what you are doing
5. - Give your full attention to the task or activity at hand

Ideally, run through the ACE cycle slowly 3 to 6 times, to turn it into a 2 to 4 minute exercise. (You can, of course, make it go for much longer, if desired.) The exercise successfully concludes when you are a) aware of your thoughts and feelings, but not fighting with or controlled by them, b) in control of your physical actions, and c) focusing on and engaging in what you are doing.