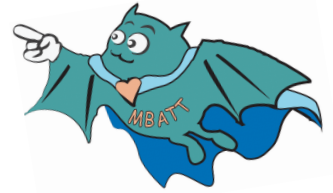


HAND & FACE CARESS WITH ON-RAMP

(FOR USE DURING THE *USING MINDFULNESS TO HELP COUPLES HEAL FROM SEXUAL BETRAYAL* PRESENTATION)



1. Turn your camera off
2. Close your eyes and use the breathing techniques of your choice for about 2 minutes.
3. Then begin to caress one hand with the other, using a light skin-to-skin touch (as discussed) for 2 minutes or so. Then, switch hands.
4. Use the same light touch and caress your face for another 2 minutes or so.
5. Answer the following questions (mindful processing):

Did you encounter any barriers during this process?

Where did you notice your mind going? What thoughts were you aware of?
What emotions were you aware of?

How did you feel about *yourself* as you were caressing your hands? Your face?

Would you choose to do this again and if so, would you do anything differently?
