

PARTNER BREATHING



Purpose:

To calm and soothe emotional upsets by connecting with a safe friend or partner.

Use when:

- Feeling alone, violated, disconnected
- Feeling dissociated from your body
- Feeling the need to re-connect

Common experiences:

- Feeling acknowledged and connected with
- Feeling more aware of and connected to our bodies

Steps:

1. Find a friend or partner with whom you feel safe. Sit across from each other, touch (hands or knees) and make contact. Invite your partner to match your breathing as you breathe together. (It may take 1-2 minutes or so to 'get synched' and match your breathing rhythms together). Breathe together for 5 – 10 – 15 minutes, until you feel synched and connected with each other.
2. After breathing together, you can try rocking together. One person gently starts rocking or swaying side to side, and the other person matches her rhythm. This can feel very soothing and nurturing for some folks. After rocking together, you can (if you wish!) experiment with making sounds. One person makes a sound --- a sigh, a moan, or giggle ---- and the other matches her sounds.

Note: Some people enjoy eye contact; but for others this can feel scary or uncomfortable. *Listen to your body, and do what feels good to you.*

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