

# Rubber Band Ball exercise – Tips and Support

## Tips for Success:

1. Use the simplest language you can manage, as if you were four years old.
2. Keep the statements brief and focus on fully feeling the feelings behind them.
3. Remember, feelings aren't rational, so don't over think them or hold yourself back because you think it's not okay to feel something. Your feelings are your feelings and they're valid.
4. If your emotions are surfacing in a different order than is listed on the instructions, just go with it, feel free to jump around and do whatever you need to do to process.
5. It can take some time to "clean house" when you've had a lot of unexpressed emotion stored up.
6. If you still feel strong feelings after going through the exercise, feel free to go back to the beginning and start again.
7. If you're having trouble, reach out to us for help.

## Asking for Support and Witnessing

If you choose to have another person witness your emotions, be specific about exactly what kind of support you need. Explaining the exercise ahead of time can really help someone understand exactly how to support you.

Here are the specific requests I make when I need to dismantle my own Rubber Band Ball.

1. Ask how much time they have to listen (to respect their boundaries around time)
2. Ask them to listen, without comment, until you're finished.
3. Ask them to refrain from making any comments, offering opinions, or giving advice.
4. After you're finished you can ask them to reflect back to you anything that was particularly touching to them so you know you were witnessed and heard.

I hope this exercise is as helpful to you as it has been for me. If you get stuck or have any questions, please reach out to us so we can continue to improve this document as a supportive tool for our clients.