

Canoe metaphor *(floated by Dave Traxson)*

C - can't make sense of my world.

A – anxiety levels escalating rapidly

N – not able to focus on the present

O – overwhelmed by many stressors

E – expecting the worst for me and others around me.

- ***Anxiety is like paddling a canoe in a minefield at night in an ocean with land and safety a long way off – it is easy for sheer panic to take over:***
- ***The mind has a keen way of magnetising events of our lives, like ‘thought mines’ that stick inside our minds. What can seem small when a long way away can grow out of control as it gets closer.***



What do the mines and difficult currents represent in your life at the moment (in the here and now)?

List in increasing level of importance to you.

What 'Coping Strategies' and 'Safe Landings' are available to you to take advantage of in your current position?

What do you already do that could continue to be helpful to you?

Who is going to be your best 'Human Bridge'/'Lifeguard' to help you get over or out of your troubles?

What can you or they do differently or in a creative way to support you now?

What are the best strategies you both use to stay calm in tense situations?

How did they help you maintain control over your emotions and make land?

The 'Magic Paddle' question.

What three things are under your control that you can use to get through this 'minefield' crisis?

- 1)
- 2)
- 3)

Describe what life would be like once the 'Magic Paddle' has been waved ?

