

Please visit www.cognomovement.com Member password:
COGNOMOVEMENT99

Website is in English, this overview in other languages is a
supplement.

1. Looks down eyes only, focuses on one issue (e.g. stress, fear, trauma, craving, grief, loss, guilt, etc). Rate it on a scale of 1 to 10 with 10 as the most. Bring eyes to natural. Do exercise - 15 minutes per session.
2. If alone see DIAGRAM A. If you have a partner see DIAGRAM B
3. The ball catch ball must be with both hands and past the centerline of the body, catch on right and left side with both hands. Vary it, high, low, near and far (6A). Do not catch the ball direct to the center of you body (7A),
4. 90% of your attention is on the issue, 10% is on the ball.
5. Catch ball, say out loud the color you see nearest your thumb(3A, 5A,2B)
6. Afterwards- Imagine a figure 8 on the ground, walk it five times (1C).
7. Now rate a scale of 1 to 10 on the issue. If not a zero, repeat full exercise.
8. I imagine the opposite of the issue (positive) and to the exercise again.