

Body Movement & Exaggeration Technique

For Therapist's Use:

Client Name:

Session Date:

Therapist Name:

Purpose of the Technique:

- **Increase Awareness:** Help clients become more aware of how their emotions manifest physically.
- **Facilitate Expression:** Encourage clients to fully express their emotions through body movement and exaggeration.
- **Integrate Mind and Body:** Enhance the connection between physical sensations, emotions, and thoughts.

Steps to Implement the Body Movement & Exaggeration Technique

1. Setting the Context:

- **Therapist's Statement to Client:**
"Today, we'll focus on your body and the movements or physical sensations you experience with certain emotions. This will help you become more aware of how your feelings show up in your body, and we'll explore how exaggerating these movements can help you fully experience and release them."
- **Explain the Concept of the Technique:**
"Sometimes, our body gives us clues about what we're feeling, even if we aren't consciously aware of them. In this exercise, we'll exaggerate some of those physical sensations or emotional expressions to help you see them more clearly."

2. Identifying the Emotion or Feeling:

- **Ask the Client:**
"Is there a situation or emotion you've been feeling strongly about recently?"
(Example: Anxiety about an upcoming event, anger towards someone, sadness over a loss)
 - **Write Down the Emotion or Situation:**
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3. Body Awareness Exploration:

- **Prompt the Client to Notice Their Body Sensations:**
"Close your eyes for a moment. As you think about this emotion or situation, where do you feel it in your body?"

(Example: “Do you feel tension in your shoulders, tightness in your chest, or something else?”)

- **Ask the Client to Describe the Sensation:**

“Can you describe what your body feels like right now? Is there any specific part of your body that feels tense, heavy, or relaxed?”

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- **Therapist’s Observations (Optional):**

Note any non-verbal cues, body language, or posture shifts that the client demonstrates.

4. Engaging in Body Movement:

- **Therapist’s Instruction:**

“I want you to physically exaggerate the way you are feeling in your body. For example, if you feel tension in your shoulders, try to make that tension even stronger. If you feel sadness, express it in your posture or face. Let’s see what happens when you let your body show that feeling more fully.”

- **Guide the Client to Move and Express the Emotion:**

(Example: If a client feels anxious with tight shoulders, guide them to hunch their shoulders even further or make the tension more exaggerated.)

- **Prompt Reflection:**

“How does it feel to exaggerate the sensation? Do you notice any changes in your emotional experience?”

5. Switching Roles (Exaggerating Emotional Expression):

- **Therapist’s Instruction:**

“Now, I want you to exaggerate how this emotion might look if it were more intense. For example, if you’re feeling anxious, show me what it would look like if that anxiety was at its peak.”

(Let the client express this exaggerated emotion or gesture with their body.)

- **Encourage Full Expression:**

“Make the feeling bigger. Use your entire body. How does it feel to really show the emotion this way?”

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- **Ask the Client to Reflect:**

“Do you notice any differences in how you experience this emotion when you exaggerate it? Is it easier or harder to connect with?”

6. Role Reversal or Dialogue (Optional):

- **Therapist’s Instruction:**

“Now, let’s switch things up. Sit in a different chair, as if you are the person you are feeling this emotion towards. How does that change your body? How would they move, react, or feel in this situation?”

- **Encourage Body Movement Based on Role:**

“Use your body to express how that person might feel. Exaggerate their emotions too.”

- **Reflection:**

“What did you learn by switching perspectives and using your body in this way?”

7. Reflection and Insight:

- **Guide the Client to Reflect on the Process:**

“Now that we’ve worked with these exaggerated movements and emotions, what new insights do you have about the feelings or situation?”

“Has your understanding of the emotion changed by fully experiencing it through your body?”

- **Therapist’s Reflection:**

Note the client’s emotional shifts, new insights, or changes in body posture.

Final Reflection and Closure:

- **Therapist’s Closing Questions:**

“How do you feel now compared to when we started?”

“Do you feel a sense of release or understanding? Can you notice any shift in the way you hold or express this emotion?”

- **Action Plan:**

“Is there something you can take away from today’s exercise that could help you in real-life situations?”

Optional Follow-Up Questions (for the next session):

- “Have you noticed yourself using body movement to express emotions outside of our session?”
 - “Do you feel more connected to your body’s responses to emotions?”
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Notes for Therapist:

- Ensure that the client feels comfortable throughout the process. If the movement or exaggeration feels too overwhelming, pause and offer grounding techniques.
 - Body awareness and exaggeration should be a safe exploration of emotions. If any negative or distressing reactions arise, it may be necessary to address these with further support or a different therapeutic intervention.
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