

## **Cassie Dove - Personal iRest session 21/12/22**

- Could not establish an inner resource so encouraged to welcome feelings of wellbeing and come back to this whenever necessary
- Cassie first noticed stabbing pains in groin
- Made her feel like crying
- Felt like that is where her tears come from
- When she allowed the pain without resisting it eased off.
- She still felt like crying
- Emotion of sadness arising
- Some tears
- Then noticed tightness in right hip and lower back.
- Feelings of anger and wanting to cry
- What is the hip trying to say - I am unbalanced
- Sees an old lady bent over a walking stick - says she's tired
- Welcoming Opposites
- Invited Cassie to go to an area that didn't feel tight - that felt ok.
- Chest feels good
- Breathing even
- Joyful happy emotion here.
- Butterflies and aqua colour.
- Gave time to move between tight hip/back/anger/old lady and chest/joy/aqua/butterflies
- Invited to make space for both together - it was hard to have them both together in same place.
- Any messages or affirmations - "It's ok that I'm angry and sad"