

Resilient even in challenging situations: The anchor method

With the anchor method, you can consciously recall positive feelings that you have already experienced at any time. This method is particularly helpful for people with exam anxiety to release blockages and relax both before and during exams or while studying. Regular use increases the effectiveness of this technique.

The Anchor Method is based on the principle of stimulus-response coupling. A specific stimulus is linked to positive resources such as emotions, skills, attitudes and values. This targeted linking enables you to activate the desired positive feelings at any time.

Instructions for the anchor method

1. choose a feeling & an anchor,

that you want to be able to access at any time, e.g. courage, self-confidence, relaxation, joie de vivre, happiness or contentment.

Decide, which anchor you want to use:

- Olfactory anchor (scent: e.g. aromatic oil, perfume, a piece of fruit...)
- Visual anchor (inner image, printed image...)
- Kinesiological anchor (body movement, massage ball...)
- Auditory anchor (music, sound...)

2. search for reference experiences,

Think of a past situation in which you experienced the selected feeling intensely. Close your eyes and immerse yourself completely in this positive experience:

- Who or what do you see in this situation?
- What sounds do you perceive?
- What smells and tastes can you perceive?
- What thoughts did you have at that moment?
- How do you feel in this situation? Where in your body do you feel this sensation?

3. repeat reference experiences to anchor them,

by relaxing and immersing yourself completely in the feeling and the situation again. When you experience the feeling intensely, set your anchor:

- For kinaesthetic anchoring: press your anchor point (e.g. press your thumb and index finger together)
- For the olfactory anchor, smell the selected scent when the feeling is most intense.
- For visual anchoring: Create a symbol or image that reminds you of the feeling at all times. Think of this symbol to activate the feeling.

4. check, whether the anchor point or symbol triggers the desired feeling:

- If no: If it does not succeed immediately, repeat the exercise from point 3 or choose another reference experience at point 2.
- If yes: Be happy about your success and enjoy the positive feeling, which you can now activate at any time.

With regular use of this method, you will become better and better at recalling positive feelings in challenging situations. Use this technique to cope with exam phases in a more relaxed and confident way.

Interested in more tools? Write to us at resonanz@hda.tu-darmstadt.de