

Pick Me Up and Hug: Instructions

For getting connected and feeling nurtured
For practice reaching for help, connection or intimacy

Sit or stand comfortably, facing your partner. Decide who will lead first.
If practicing online, be sure you can see one another's torso, head, face, and arms.

Leader - Arms at your sides, maintaining eye contact, reach towards your partner slowly, then bring your hands to cross over your chest and hold your upper arms, as if welcoming them into your arms for a hug. Let yourself feel as if you are getting the hug you want. Pause, eyes open or closed, and repeat.

Mirror - Eyes open. Mirror their gestures and pacing. Smile at them, when there is eye contact. When it seems right you might say "I am here with you."

Timing - First leader: 1-2 minutes. Both TALK: 1-2 min - share about your experience. Switch roles, and repeat.

Suggestions:

You might want to push against your own chest as if holding someone, or grasp and feel your upper arms holding (your own) real flesh and blood.

Leader - Notice your nervous system and how it responds to the practice.

Mirror - May also say "I'm right here," or "It's ok to cry/feel/laugh."

People like: "Feeling connected." "Offering connection to the other." "Knowing that I belong."
"Feeling calm and grounded."

Challenges: Fear of intimacy, discomfort with reaching for connection.