



[EMDR: Butterfly Hug](#)

EMDR is a therapy that uses different forms of bilateral stimulation to help people process and reduce distress from difficult memories.

The Butterfly Hug Exercise

Originally developed by EMDR therapists working with trauma survivors, the Butterfly Hug can be used during sessions or on your own for grounding, self-soothing, and emotional balance.

It's especially helpful when:

- You feel anxious or unsettled
- You need to regulate your nervous system between sessions
- You want to deepen feelings of calm or connection



1. Set Up Your Hands

- Cross your arms over your chest so the tips of your middle fingers rest just below your collarbones.
- Allow your thumbs to touch, forming the butterfly's body, while your other fingers become the wings.
- Let your hands rest gently against your upper chest.
- (If this feels uncomfortable, you can shift your hands or simply rest each on the opposite arm.)



2. Begin Gentle Tapping

- Let your hands move freely, tapping slowly from side to side: left, right, left, right.
- There's no need to force a rhythm.
- Notice what happens in your body as you tap, perhaps a deepening of breath or a settling sensation in the chest or belly.
- If your mind drifts, imagine your thoughts as clouds. Let them float by as you return attention to the rhythm of your hands.



3. Pause and Reflect

- When you're ready, stop the tapping and take a slow, conscious breath.
- Notice any changes. Perhaps more warmth, quietness, or ease in your body.
- Ask yourself:
 - How do I feel now compared to when I started?
 - What shifted in my breath, body, or emotions?

