

Bathing Ritual

Intro

Save a copy onto your drive or copy the text into a word editor. After filling it out, share the link or the document with me!

Here's my email in case you need it: cobaltbluebats@gmail.com

Please read through the document before starting and ask me questions if you have any! Thank you!

Trigger

REFRESH

RELAX

CLEAN

CLEANSE

NOURISH

REJUVENATE

SENSUAL

FANTASY

WHIMSICAL

Pick a trigger word from these: _____

Mindmap.

Grab some paper and a pencil (or a drawing tablet)! You will be making a quick mindmap of words, phrases or ideas related to your chosen word. Don't doubt yourself, put down anything that comes to your mind when you think of your word. For example if you chose relaxing you could add- beach, slow, lofi music and so on.

Add as many words as you want, the more the better! If you want to make small doodles you may do that as well!

Attach a picture below (recommended) or list out your words, whichever works!

How do you shower?

What is the time you take during your bath on average:

Do you use a shower or a bucket or other means?

What are the products you use? eg- loofah, shampoo, bar soap/shower gel

Do you follow the same bathing routine everyday? How often do you experiment or try out new routines?

How do you think you generally feel after a bath?

Do you enjoy bathing or is it just a necessary routine for you?

Mindmap again!

Another quick mind mapping exercise! This time keep your trigger word along with 'bath' as the central point. So, if you picked SENSUAL, then you will be writing down words and ideas related to 'SENSUAL BATH'. You can add as many or as little as you want. You can take ideas from your previous mindmap. Feel free to go crazy!

Attach a picture below, just like last time.

Plan your shower!

The next time you take a bath or shower try to switch it up so it makes you feel like your chosen trigger. You can look at your mindmaps for ideas.

During the bathing experience, try to be extra mindful of your body and your actions. Here are some suggestions:

Prep your bathroom! If you want to take a relaxing sit down shower but don't have a tub, take in a folded sheet to sit on. Experiment with the length of your bath as well!

Try switching up from between a bar soap and liquid soap to fit your trigger word.

Try out a loofah or a washcloth. You could even incorporate a scrub into your bath. Making your own scrub with simple kitchen ingredients like sugar and coffee is super easy and feels great! Moisturizer after a shower could be perfect if you chose nourishing.

Switch up between still water and running water. Does using a vessel of water and a mug/tubo suit your trigger better than your usual shower or bathtub routine? Do you think using teacups and glasses fits into the fantasy setting bath? Go for it! You can even mix it up and use many things!

Switch up water temperatures! If you have hot water supply, you can steam up your bathroom by running the hot water into a bucket while you bathe.

Sound and smell sets the mood! Play a suitable track to accompany your bathing experience. For smell, you can incorporate oils or bath-bombs or even a spray of air freshener before you begin.

Let your actions reflect the trigger word. If you chose clear

Try out things! Try to incorporate a fruit into your shower or maybe even do a little dance (safely!)

After.

Try to answer these right after your bath.

How do you feel?

On a scale of 1-10 how closely do your feelings align with the trigger word?

During the bathing experience did your feelings or awareness toward bathing or your body change in any way?

How long did you take?

Was this exercise an enjoyable experience for you?

How easy/difficult was it for you to think of and change your bathing routine according to the trigger word? If it was difficult why do you think so?

Did you choose another trigger word after your initial choice? What was your initial choice?

How did you design your bathing routine to align with the trigger word, what was different from your usual bathing routine, what was the same?

Did you prep your bathroom differently or use any props? You may add pictures if you want!

Do you think you will try out your new bathing experience again?

Do you think you are likely to experiment with your bathing routine after this?

Are there other trigger words you can think of that could result in an interesting shower experience?

Token:

You may skip this step if you wish, but it's recommended!

Time to grab your pencils again (Or a drawing tablet)! Draw a doodle of your bathing experience. Drawing skills are not important so don't worry! Upload the picture below.

Fin.

Thank you for participating! Feel free to try out a new trigger word if you want!

