



Thoughts, emotions, actions during stressful/emotional event.

## Thoughts

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## Emotions

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## Actions

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# Reframing Negative Thoughts

## Journaling Prompts



What is your negative thought? Is it absolutely true?




What are your top 6 negative thoughts?

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# Reframing Negative Thoughts

Trigger

A large rectangular box with horizontal lines for writing, representing the 'Trigger' section.



Negative Thoughts

A large rectangular box with horizontal lines for writing, representing the 'Negative Thoughts' section.



New Thoughts

A large rectangular box with horizontal lines for writing, representing the 'New Thoughts' section.

# Get Out of Fight or Flight

Somatic processing helps us connect more to our bodies and by doing so helps regulate our nervous system.

## Techniques to try

**Breathing:** Breathing helps you get back into the parasympathetic nervous system and can calm your body down. One such method is breathe in for 4, hold for 7, breathe out for 7, or you can do breathe in for 4, hold for 4, breathe out for 4.

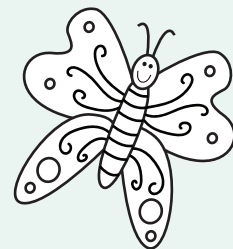
**Tapping (EFT):** Known as the emotional freedom technique. You tap on various points of the body similar to acupuncture. It helps with phobias, tragic memories, urges, difficult emotions, restrictive and negative beliefs, and physical ailments.

**Body scan:** In this method, you focus on feeling different parts of your body normally starting with your feet and slowly moving up to your head.

**5, 4, 3, 2, 1 Method:** Using your 5 senses, look for 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

**Physical Movement:** Any form of movement can get you more in your body such as exercise, dance, yoga, qi gong, or sports.

**Colors of the Rainbow:** This is a fun one! Name different items around you that are the colors of the rainbow. For instance, you can name 4 colors that are red, 3 that are blue, 2 that are yellow, and 1 that is green.



**Do something you love:** This can be anything! Listen to music, sing, do art, cook, etc.

**Mindfulness:** Be really present with your surroundings. ie While doing the dishes, how does the water feel, what do you see, etc

**Enjoy nature:** Inspect the flowers, really look at the trees, look at the bugs, animals, etc. Take a walk. Explore nature doing a walking meditation.

**Meditation:** Walking meditation, Guided meditations, breathing, chanting, looking at a candle flame, etc.

**Journaling:** Journal about how you feel and how you would like to feel. Come up with strategies to make you feel better. Learn more about yourself!

When we calm our bodies, it is easier to calm the mind.

# Your Sensory Reminders

Specific Triggering Senses

Specific Event Present & Linked to Past

Your Reaction (behaviors, feelings, thoughts)

Sight:		
Smells:		
Taste:		
Sounds:		
Touch:		

If I am feeling or thinking X than I might be dysregulated...

What are some common things you think/feel when you are dysregulated?  
 The idea is to recognize them so you can take a different action, think a different thought or feel the opposite feeling.

Trigger:	Specifics	Behavior	Mood	Feelings	Body Feeling	Thoughts	Beliefs
ie. Money	bills, debt, overspending, dentist, car, medical, Walmart	Tend to feel bad about myself, afraid to try things, afraid of the past repeating - so freeze. Also, some-times anxious, jittery - flight, sudden impulse to spend money when emotionally triggered.	Depression, Anxiety, Guilt, Hopelessness, Shame	guilt, shame, fear, insecure, heaviness, broken inadequate, trapped, despair, burdened, helpless, failure,	heaviness, weighted down, drowning, wilted posture, gloomy, shaky, twitchy, jittery, dull, numb, paralyzed, constricted	I am a failure. I am not good enough. I am helpless. I cannot afford things. My mental health will cause me to loose my job or I won't get hired and thus won't be able to support myself.	I will never have enough, I will loose my money, I cannot make money doing what I love, The past will repeat itself, I cannot fix myself.

This is an example of one of my triggers. On the next pages, write down as many triggers as you would like. Then include more specific umbrella topics under the trigger, the behavior you exhibit while triggered, mood, feelings, how you feel in the body, thoughts, and beliefs related to the trigger.



# Examples of Sensory Reminders

<p><i>Sight: Colors, flashing lights, seeing places, objects, food, people, or an environment is similar to the original trauma.</i></p>	<p><i>ie. The red and blue lights of the ambulance remind a woman of when she felt abandoned as a child when her family got in a car accident and her mother was taken in a different ambulance than she was.</i></p>	<p><i>In reaction, she sometimes feels anxious when she sees a fire truck. Specifically, she feels abandoned, helpless, scared, and sad.</i></p>
<p><i>Smells: Smells of foods, smells specific to a particular person or environment, sweet, smoky, sour smells.</i></p>	<p><i>ie. The smell of smoke reminds a girl of her dad who sexually abused her. Later when she is older, her boyfriend also smokes. and it reminds of her of her former abuser.</i></p>	<p><i>In reaction, the smell causes her to have flashbacks that remind her of her trauma and makes her afraid that her boyfriend will do the same to her.</i></p>
<p><i>Taste: Taste of particular foods and drinks, sweet, sour, salty, bitter.</i></p>	<p><i>ie. The taste of certain foods (ie. ice cream, lattes, popcorn) reminds a woman of her grandparents who are no longer alive.</i></p>	<p><i>In reaction, the woman sometimes feels sadness, grief, disconnected, and lonely when she tastes these items. They give her a sense of comfort and make her feel less abandoned.</i></p>
<p><i>Sounds: Loud noises, sounds of large crowds, animal noises, sirens, sounds specific to a particular environment.</i></p>	<p><i>ie. The sounds of fireworks reminds a former soldier of his time in war.</i></p>	<p><i>In reaction, when he hears loud noises, he feels anxiety, sweaty, shaky, panicky, and is very scared.</i></p>
<p><i>Touch: Textures specific to a particular environment or object, texture of foods in your mouth, blankets, physical touch from another.</i></p>	<p><i>ie. When a man gets his pants wet from a hose it takes the boy back to when he had an accident during school.</i></p>	<p><i>In reaction, he feels ashamed, very afraid, fearful, self-conscious, helpless, trapped, rejected, devastated, and horrified.</i></p>

			<i>Trigger:</i>
			<i>Specifics</i>
			<i>Behavior</i>
			<i>Mood</i>
			<i>Feelings</i>
			<i>Body Feeling</i>
			<i>Thoughts</i>
			<i>Beliefs</i>

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