What keeps me steady

Your warning signs, and the grounding, people and places that help you stay steady.

Name _____ Date _____

Signs that I am becoming overwhelmed or starting to shut down

Grounding that works for me

Senses, movement, orienting

Soothing that works for me

Comfort, warmth, kindness

People I can be with or contact

Places where I feel calm

Things to avoid when I am struggling (they seem to help and do not)

Words I want to hear from myself

What I will do after a difficult session or a hard day

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