# \*\*When You're Triggered During a Session\*\*

\*Your safety toolkit for live play\*

🛡️ \*\*First and most important: You have permission to protect yourself.\*\*

Sometimes the story hits a nerve we didn't see coming. Sometimes a scene unlocks something we weren't ready for. Sometimes our nervous system says "STOP" before our brain even catches up.

\*\*This is normal. This is expected. This is why we have protocols.\*\*

## \*\*In the Moment - What to Do\*\*

\*\*🚨 Emergency Brake Words:\*\*

- \*\*"Pause"\*\* - Everyone stops talking, scene freezes

- \*\*"Brake"\*\* - Same as pause, alternative if that word works better for you

- \*\*"Time"\*\* - Sports reference some people prefer

- \*\*"Safety"\*\* - Clear signal that this is about wellbeing

\*\*No explanations needed. No justifications required. Just say the word.\*\*

## \*\*What Happens Next\*\*

\*\*Immediate Response:\*\*

- \*\*Scene stops completely\*\* - no "just finishing this thought"

- \*\*GM and players give you space\*\* - no questions, no checking in unless you ask

- \*\*You control the pace\*\* - take as long as you need

- \*\*Options are yours\*\* - step away, stay and breathe, or talk it through

\*\*Your Choices:\*\*

- \*\*"I need 5 minutes"\*\* - we wait, scene resumes when you're ready

- \*\*"I need to step back for tonight"\*\* - we pause your character out safely

- \*\*"I'm okay, let's continue"\*\* - we resume from where we stopped

- \*\*"Can we change direction?"\*\* - we adjust the scene or skip ahead

## \*\*No Shame, No Blame\*\*

\*\*You are not:\*\*

- Ruining the game

- Being too sensitive

- Overreacting

- Disrupting the story

\*\*You are:\*\*

- Taking care of yourself

- Modeling healthy boundaries

- Showing trust in the community

- Doing exactly what this space is designed for

## \*\*After the Session\*\*

\*\*You don't have to:\*\*

- Explain what happened

- Apologize for stopping

- Process immediately

- Share in the forum if you're not ready

\*\*You're invited to:\*\*

- Take time to settle

- Come to the forum when/if you're ready

- Share as much or as little as feels right

- Ask for support in whatever way serves you

## \*\*For Other Players\*\*

\*\*When someone calls for a pause:\*\*

- \*\*Stop talking immediately\*\*

- \*\*Don't ask "are you okay?"\*\* - let them lead

- \*\*Don't offer solutions\*\* - just presence

- \*\*Follow their lead\*\* on when to resume

- \*\*Check your own reaction\*\* - sometimes triggers are contagious

\*\*Remember:\*\* Supporting someone who's triggered is about creating space, not filling it.

## \*\*A Note on Preparation\*\*

\*\*Before sessions, consider:\*\*

- What topics might be difficult for you today?

- How's your nervous system feeling?

- Do you want to share any heads-up with the GM?

- What helps you feel grounded?

\*\*It's okay to:\*\*

- Ask for content warnings

- Request scene modifications

- Sit out certain storylines

- Take breaks even when you're not triggered

## \*\*Trust the Process\*\*

Sometimes the most healing happens when we honor our boundaries. Sometimes stopping the scene is exactly what our system needed. Sometimes the pause becomes more important than the story.

\*\*Your wellbeing is always the right choice.\*\*

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\*Questions about using these tools? Want to practice the brake words? Not sure how to support someone else who's triggered? Let's talk about it.\*

🕯️ \*\*Remember: Courage isn't the absence of triggers—it's knowing you have the power to protect yourself when they arise.\*\*