

What happened?
Briefly describe the experience. Includes details of the event and your autonomic responses.

Notice and name the cues of DANGER.
What were the cues of danger in the environment? In your body? Sensed through your Social Engagement System?

Notice and name the cues of SAFETY.
What were the cues of safety in the environment? In your body? Sensed through your Social Engagement System?

How might you **resolve** cues of danger? (environment, body, Social Engagement System)

How could you **invite in** cues of safety? (environment, body, Social Engagement System)

CUE SHEET PG 2

What happened?

Briefly describe the experience. Includes details of the event and your autonomic responses.

Seeing someone for the first time after a long estrangement. Running into each other without being prepared for the experience.

I felt a slight separation in my body – a sense of beginning dissociation.

I noticed a heaviness in my chest, shallow breathing, and feeling hot.

Notice and name the cues of DANGER.

What were the cues of danger in the environment? In your body? Sensed through your Social Engagement System?

Returning to a place that has lots of memories – everywhere I go there is something that triggers a memory.

Unexpectedly seeing this person and being unprepared for it.

Intense body reaction – flight before I dissociate.

It felt dangerous to see her eyes and hear her voice.

It felt scary to be in the same room with her.

Notice and name the cues of SAFETY.

What were the cues of safety in the environment? In your body? Sensed through your Social Engagement System?

Hearing and seeing the ocean always calms me. This place is surrounded by water, it's all around me. I need to remember to notice it.

I now have skills to track beginning dissociation and interrupt the process.

Keeping my body moving keeps me present.

My breath keeps me out of collapse.

When I look back, there were other people around – there were safe faces to look at and the sound of friends talking and laughing.

How might you **resolve** cues of danger? (environment, body, Social Engagement System)

Stay away from the most triggering places.

Be in spaces that let me keep moving – always with an exit nearby.

Plan ahead – try to control contact so that I can predict it and limit it.

Track my autonomic responses in the moment so I know where I am on the ladder and know which resources to use.

Disconnect without dissociating by keeping a safe physical distance.

Pay attention to my breath.

Practice what I could do and say – try it out with a trusted friend.

Make sure I'm with other people who I feel safe with.

How could you **invite in** cues of safety? (environment, body, Social Engagement System)

Stay connected to the sight, sound, and smell of the ocean. I take it for granted since it's all around and remembering to actively soak it in will keep me feeling present. When I'm connected to the ocean I feel grateful and strong.

Carry a striped beach stone as my talisman.

Create a concrete "wheels up" plan. Write it down and carry it in my pocket.

Remain connected to my breath. Breathing has become a predictable way for me to regulate. Trust my autonomic nervous system to let me know what is safe, when to move, when to connect.

Look around the room to find friendly faces – I know in this group there are always kind eyes. Watch for glimmers and take a moment to savor them.

Remember my sisters are always there for me – I can call them whenever I want.