



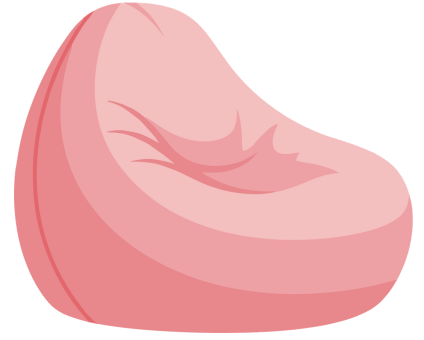
Find or create a safe space

What can I do to create a safe and comfortable atmosphere?



Identify what you are feeling

What am I feeling?
Can I name it?



Let your feelings exist without judgement

Can I notice my feelings without labelling them as good or bad?



Validate your feelings

What supportive words can I tell myself?

HOW TO SIT WITH YOUR FEELINGS



Notice your physical sensations

Where in my body is this feeling showing up?



Stay present and grounded

How can I bring my focus back to the present?



Practice compassion

What kind of words can I offer myself right now?



Reflect on the experience

What may have triggered this feeling?