

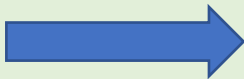




Building Self-Awareness

Tuning IN

Zones of Self-Awareness

Build your own Self-Awareness toolkit. Tuning in and understanding what you individually look like in each zone can help you become more aware so that you can be your own FIRST RESPONDER in emotional emergencies. Do you have your own built in warning system? Can you practice now? Some have difficulty with one or more areas and that is okay. Be patient as you take time to notice and cultivate the awareness. Let's build awareness and then create an emotional emergency plan so that you can be the first responder in your own life.

| GREEN  | ORANGE  | RED  |
|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| SIGNS YOU ARE IN THE ZONE OF OPTIMAL REGULATION (MAKE A LIST) | EARLY WARNING SIGNS Moderate Dysregulation (MAKE A LIST) | SIGNS YOU ARE IN FIGHT, FLIGHT OR FREEZE (MAKE A LIST) |
| <i>Physical/Body Sensory:</i> | <i>Physical/Body Sensory:</i> | <i>Physical/Body Sensory:</i> |
| <i>Feelings/Emotions:</i> | <i>Feelings/Emotions:</i> | <i>Feelings/Emotions:</i> |
| <i>Thoughts:</i> | <i>Thoughts:</i> | <i>Thoughts:</i> |
| <i>Behavior:</i> | <i>Behavior:</i> | <i>Behavior:</i> |

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Building Self-Awareness Tuning IN

My Emergency Toolkit and Grounders that Help Me Feel Safe in Times of Stress:

1. People or animals that calm and ground you
2. Places/Environments that are predictable, restorative and safe for you
3. Objects/Things that are comforting
4. Activities or strategies that calm your stress response system
5. Words/Self-Talk/Mantras/Prayers or a quote you can or do say to yourself to feel safe or calm
6. Routines or a ritual you practice that promote safety and predictability

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