



Step 3 GOOD MEMORY

HEADING:

Step 2 THE BEGINNING OF THE DIFFICULT TIME



(0-10)

HEADING:

DATE THEN

.....

TAP & FOLLOW WITH YOUR EYES



Step 5 DISTANCING DISTURBANCE

(0-10)

POD 3

Set 3

Set 6

Set 9

(0-10)

POD 2

Set 3

Set 6

Set 9

(0-10)

POD 1

Set 3

Set 6

Set 9

WHAT IS STILL DISTURBING NOW FROM THIS DIFFICULT TIME?



Step 4 POSITIVE THOUGHTS

- I can cope/ handle it
- I did what I could
- I'm safe (enough) now,
- I have strengths
- I can (learn to) choose how to respond.

Other

.....

Step 6 OVERALL

Overall level of disturbance (0-10)

Positive thought
that feels most true

.....

Step 1 PRESENT SAFETY

BEFORE

(0-10)

EARTH - AIR - WATER - LIGHT

AFTER

(0-10)

SAFE/ CALM
REMINDER

DATE TODAY

.....

TAP & FOLLOW WITH YOUR EYES

