

sc counseling

Feeling activated? *Feeling human?*

Here is a journal prompt designed to get you reconnected with yourself no matter what's going on around you.

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First things first, bring all of your *attention into what's happening in your body and your mind.*

If you need to excuse yourself from what you're doing, find a quiet place where you can do the following exercise.

Play some binaural/calming music on headphones or settle yourself somewhere without distraction.

Close your eyes. Slow it down and notice what you're feeling under the surface. **Don't judge, just notice.** Now ask yourself the following questions and record your answers.

What hooked me?

Where am I feeling it in my body?

What sensations am I noticing?

What emotions am I feeling?

What is the voice in my head saying?

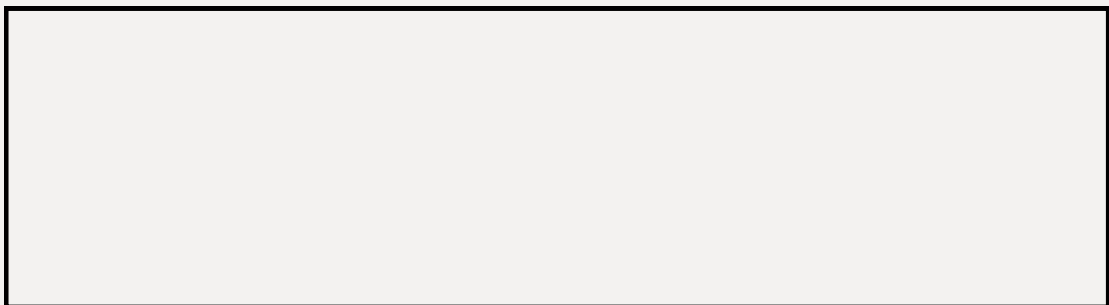
Is it a new or familiar script?

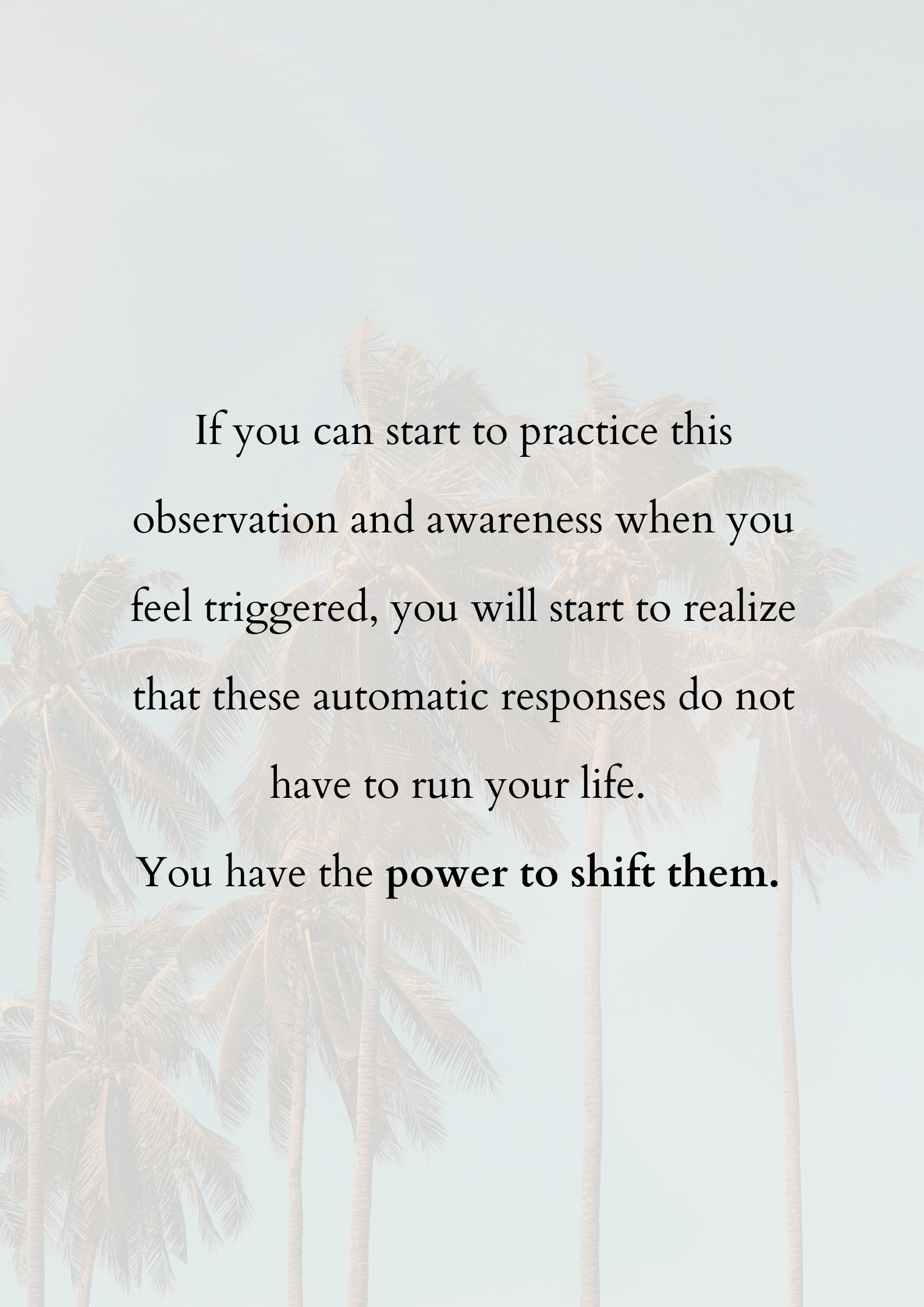
What was the behavior that followed?

What can I do right now to shift this moment?



How can I be curious and change my reaction the next time this triggers me?





If you can start to practice this observation and awareness when you feel triggered, you will start to realize that these automatic responses do not have to run your life.

You have the power to shift them.