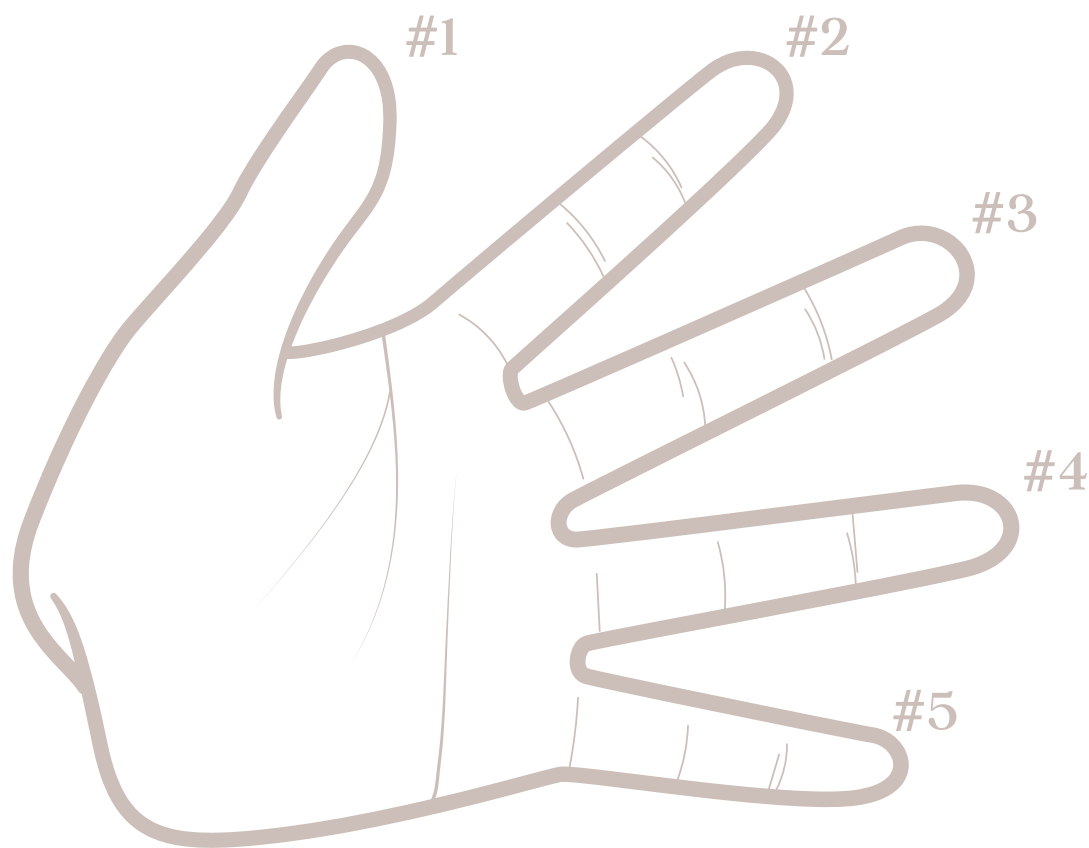


Use your dominant hand to hold each finger in turn, whilst saying the mnemonics below.



1. I am not my emotional flashback.
2. I am heading in the direction of peace, patience and tranquility (or your own calming words).
3. What is this emotion trying to show me or teach me?
4. What can I do to calm myself now, what brings me joy.
5. I have strong boundaries. I can offer thoughtful help but can also distance myself from becoming emotionally invested.