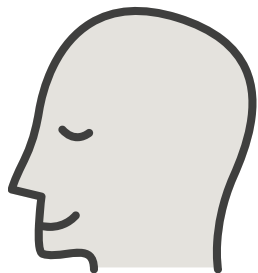
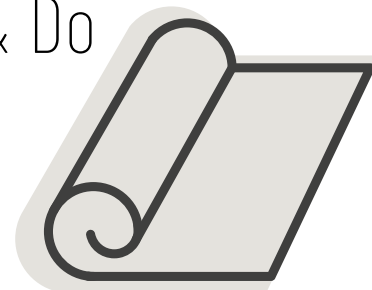


1). Understand & Recognise
The Brain Is In High Beta/
Fight/Flight/ Freeze.



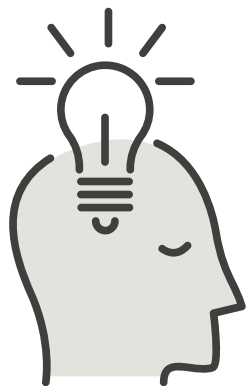
2). Assess Your Crisis & Do
Not Stall To Call 4
Emergency Help.



3). Dis-identify As The
Problem To The Experiencer.

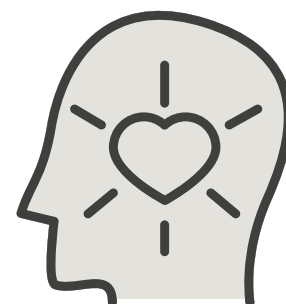


4). Ask Do I Need To
Distract or Relax? - Hum,
Relax, Focus Object, Music,
Hoover, Shake, Tremor.

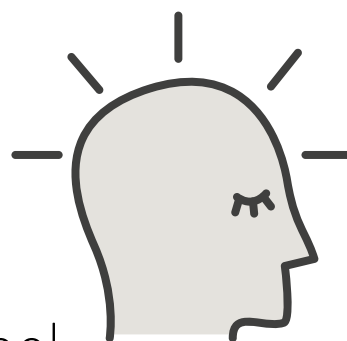


MIND ATTACKS WHAT CAN I DO?

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5). Count Back From 100 to 1 or
Allow Mindful Micro Breaths To
Slow Down The Train Of Thoughts



6). Focus On Relaxing Into
The Body Affirming "You
Are Safe To Feel What You
Feel In My Body"...

7). Affirm: "I Hear You, I Feel
You, I See You"...

Stay In The Basement Of The
Body/ A Safe Space vs The
Attic Of The Mind.



When Attack Has De-escalated...
**Brain Dump Your Thoughts Onto A Piece Of
Paper - By Writing Them Down In A Brain
Dump We Create Space & Then Reframe With
Your Therapist.**