

Printable Somatic Healing Cards

Why am I emotionally reactive?

I felt dismissed	I felt judged	I felt helpless
I felt ignored	I felt trapped	I felt embarrassed
I felt attacked	I felt controlled	I felt excluded
I felt pressured	I felt bullied	I felt stressed
I felt gaslighted	I felt threatened	I felt intimidated
I felt exposed	I felt belittled	I felt frightened
I felt afraid	I felt left out	I felt overlooked
I felt abandoned	I felt humiliated	I felt overwhelmed
I felt insulted	I felt offended	I felt contained
I felt manipulated	I felt anxious	I felt mistaken
I felt rejected	I felt betrayed	I felt cornered
I felt ashamed	I felt dominated	I felt scared
I felt forgotten	I felt neglected	I felt overpowered
I felt powerless	I felt alone	

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Signs you may be triggered

Sudden Physical Changes

Pounding heart, rapid breathing, sweating, trembling, feeling of tightness in the chest, muscle tension, stomach clenches, nausea, etc.

Sudden Cognitive Changes

Confusion, overwhelmedness, irritation, indecisiveness, suspicion, unable to concentrate, unresponsiveness, etc.

Sudden Emotional Changes

Anger, numbness, fear, anxiety, sadness, despair, grief, etc.

Sudden Behavioral Changes

Becoming argumentative, alarmed, lashing out, giving up, withdrawal, shutting down, agitated, aggressiveness, startled, dissociating, zoning out, blaming others, restlessness, etc.

Sudden Irritation by Seemingly Unrelated Things

Touch, noise, sound, people, textures, scenery, places, etc.

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How to cope when feeling triggered

Remove your attention from the situation and focus on yourself

Name the thoughts and feelings you are having

Notice where you feel these emotions in your body

Notice how your body is reacting, e.g. heartbeat, tension, blood pressure

Say something compassionate to yourself, e.g. I am safe, I am loved, I am worthy ..

Support yourself and self-sooth e.g. deep breathing, grounding technique, journaling, going for a walk, hit a punching ball, take a shower, being with animals, exercise, talk to a friend, connect with nature

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