

GROUNDING AND REFLECTION: A PREVENTION WORKSHEET

This worksheet is a tool to help you understand the circumstances and triggers that might lead you to a relapse into less effective ways of managing your life. Relapse in this case refers to any types of behavior or ways of thinking that keep you stuck in the past or that reinforce negative, non-useful beliefs you might have about yourself (wasted pain).

I. Remembering the work you have done on healing painful experiences in your past:

A. List five symptoms you experience when you start to feel anxious or disconnected:

- 1.
- 2.
- 3.
- 4.
- 5.

B. List five skills you have learned to help stay safe, grounded, and in present time:

- 1.
- 2.
- 3.
- 4.
- 5.

C. What might happen to prevent you from staying safe, grounded, and in present time?

What has worked? What hasn't worked? Identify three circumstances that prevent you from staying safe, grounded, and in present time.

- 1.
- 2.
- 3.

II. Understanding What Happens:

A. For each circumstance you identified above (Part I-C), state why the techniques you already know for staying safe, grounded, and in present time might not work the next time you need them. What is the most important problem?

- 1.
- 2.
- 3.

B. Describe how the symptoms you have listed in Part I-A serve you. In other words, what do they do for you?

- C. Referring again to the symptoms you have listed in Part I-A, describe what you stand to *lose* by not reverting back to these types of behaviors or ways of thinking (by moving from wasted pain to workable pain).

- D. Referring again to the symptoms you have listed in Part I-A, describe what you stand to *gain* by not reverting back to these types of behaviors or ways of thinking (by moving from wasted pain to workable pain).

- E. What might you need to grieve or let go of to move from wasted pain to workable pain?

III. Prevention: Reentering the Safety Zone

- A. On a scale from 1-10 how invested are you in staying safe, grounded, and in present time? Why?

- B. What concrete issues in your life need to be addressed in order for you to stay safe, grounded, and in present time?

- C. What **MUST** you do **NOW** to remain safe, grounded, and in present time?