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## notice

I'm having a feeling.

## locate

My head is pounding.  
My lungs feel restricted.  
My eyes are scrunching up.

## name

I'm feeling lonely and scared.

## accept

I feel so alone right now.  
This totally sucks for me.  
I hate this.

## talk

I know this is hard for me right now, but I also know that feelings pass, and I don't have to believe all of my feelings. This feeling is real, but it won't always be here, and I don't have to stay stuck in it forever.

## touch

I can soothe myself by touching my own skin lovingly - on my arm, my leg, my face. My skin will transmit my love to my heart and mind.

## sit

I'm going to sit here for a while and feel this feeling.  
I'm going to keep talking to myself and touching my skin to remember that I'm here, and I'm safe, and this feeling will pass.