

Triggered to Calm

A One-Page Regulation Tool for Couples

- Pause and name what's happening: I'm triggered. I need a moment to get steady.
- Ground your body: Feel your feet on the floor. Relax your jaw. Drop your shoulders. Take two slow breaths.
- Say what's true right now: I want to stay connected. I'm not leaving the conversation. I just need a moment.
- Orient to safety: Look around the room. Identify five neutral objects. Let your nervous system settle.
- Return with clarity: Okay. I'm ready to talk again. Here's what I'm actually feeling.

Triggered to Calm: Re-Entry Scripts

- Thank you for giving me a moment. I'm ready now.
- Here's what was really going on for me.
- I want to understand you. Let's start again calmly.
- Re-entry tips: Speak slower than usual, keep volume soft, stay curious.

Triggered to Calm: Bonus Prompts

- My body is reacting, but I am safe.
- I can pause without abandoning the conversation.
- Slowing down keeps us connected.
- Grounding options: touch something with texture, sit back against a solid surface, place a hand on your chest and breathe slowly, name three sounds you can hear.

Disclaimer

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