



## THINGS YOU CAN SAY WHEN YOU FEEL TRIGGERED FROM A CRASH

1

I feel overwhelmed right now.

2

I need some space to clear my thoughts.

3

I'm feeling vulnerable and it's affecting me.

4

I'm struggling to stay grounded in this moment.

5

It's okay, I'm going to focus on getting through this one step at a time.

6

I'm feeling really sensitive right now.

7

I don't feel comfortable doing that..

8

I can't change what happened, but I can take care of myself.