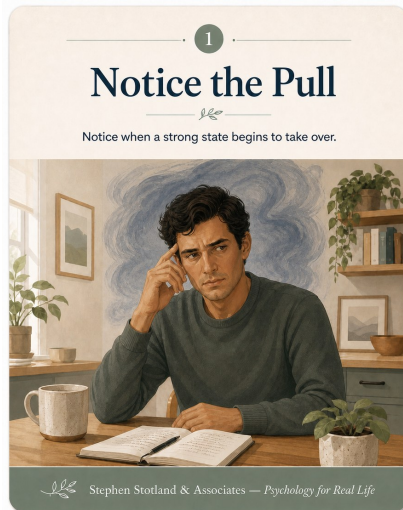


STEP 1 OF 4 · RETURNING TO THE PRESENT

Notice the Pull

Notice when a strong internal state is beginning to dominate awareness.



FOUR-STEP REMINDER

Notice → Reconnect → Check → Choose

The state is real. It may not be the whole situation.

Notice the early signs

A strong state may be taking over when:

- attention narrows and the surroundings begin to fade;
- the same thought or mental scene repeats;
- everything starts to feel urgent;
- you feel driven to escape, consume, attack, check, seek reassurance, or act;
- you feel trapped, unsafe, detached, unreal, or mentally elsewhere; or
- it seems as though nothing else matters.

Make it personal

I know I am being pulled away from the present when...

Complete the sentence with two or three signs you recognize. You do not need to understand the state before recognizing that it is taking over.

If you notice only afterward

Identify one sign when you review the moment. Noticing the pattern later is still useful and can help you recognize it sooner next time.

If something requires immediate action because of current danger, medical need, or another practical problem, prioritize safety and appropriate help.