
RETURNING TO THE PRESENT · OPTIONAL PRACTICE SUPPORT

Personal Return Plan

Prepare what helps before you need it.

Choose short, practical responses that fit your life. Different methods may help in different situations.

How I know I am being pulled away

What helps me reconnect

A phrase that helps me return

People or places that help

My next safe and useful action

Optional example phrase

I am having a strong reaction. I am here, it is now, and I can pause and choose what to do next.