My Supportive Cues Map

Identify everyday experiences that might support a greater sense of steadiness or comfort.

GENTLE REMINDER

A resource does not need to make you feel completely safe or calm. Choose neutral or mildly pleasant examples; skip anything that does not fit.

A place where I feel relatively at ease

It can be real, familiar, or simply somewhere that feels less demanding.

An everyday sensory detail I enjoy or tolerate

A particular light, texture, smell, music, view, or sound.

A person, animal, or community I can turn to

Include only genuinely supportive contacts.

A routine that helps me feel more present

For example: preparing tea, sitting outside, or stretching gently.

A small reminder I could keep nearby

A word, object, image, or note that feels helpful.

Educational self-reflection only; not psychotherapy, diagnosis, or crisis support. Stop or skip any exercise.

Conceptual reference: Levine, P. A., Healing from the Bottom Up (Psychotherapy Networker webcast transcript, n.d.); Levine (2010).

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