MANAGE THE IMPACT

Stress Signals & Grounding

Stress may show up as bodily tension, changes in attention, sudden urgency, or numbness. These reactions can be protective. You can explore them without forcing yourself to revisit painful memories.

OPTIONAL CHECK-IN - MARK ANYTHING THAT FITS

- [ ] My shoulders or jaw tighten.
- [ ] I notice shallow or rapid breathing.
- [ ] I scan for signs of anger or disapproval.
- [ ] I go blank or struggle to find words.
- [ ] I feel an urge to leave, appease, or argue.
- [ ] I become detached, numb, or exhausted.

REFLECT AT YOUR OWN PACE

What are my earliest signs that I am feeling overwhelmed?

Where or with whom do I notice greater ease or steadiness?

You may skip any prompt. If someone monitors your device or papers, consider whether keeping this worksheet is safe.

Concepts informed by: Fisher, J. (2023). Trauma and Narcissism: Personality Disorders as Trauma-Related Disorders. PESI training materials. | Durvasula, R. (2023). Working with Clients Experiencing NA/ARS: An Antagonism-Informed Treatment Approach. PESI training materials.

MANAGE THE IMPACT

Stress Signals & Grounding

These questions are for you, not for proving anything to someone else. You can write a few words, discuss them in therapy, or simply think about them.

EXPLORE WHAT MATTERS TO YOU

What helps me feel more oriented to the present?

When does a grounding exercise feel helpful or unhelpful?

Who or what could support me after a difficult interaction?

OPTIONAL GENTLE PRACTICE

If it feels comfortable, look around and name three neutral objects. Feel your feet against the floor. Stop if this increases distress.

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