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*Tell what happened.*

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If you have difficulty “telling your story” Consider walking around

as you tell the story

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**2. Name it**

*As you think of the dream, what are your thoughts about it?*

[ ] *I’m worried*

[ ] *I’m overwhelmed*

[ ] *I can’t handle it*

[ ] *It’s my fault*

[ ] *I should have done something*

[ ] *I’m a failure*

[ ] *I’m stressed*

[ ] *I’m not good enough*

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**3. Measure it**

*How upset are you?*

*(circle one)*

😡

10 A lot

9

8

7

6

5 Somewhat

4

3

2

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😊 0 Not at all

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**4: Re-Name it**

*How would you prefer to think about it?*

[ ] *It’s not real*

[ ] *I can get through it*

[ ] *I did the best I could*

[ ] *I’m okay*

[ ] *I’m good enough*

[ ]

**5. Validate it**

*How true does that feel to you now?*

! *1 2 3 4 5 6 7* " Totally Totally False True

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*How true does that feel to you now?*

! *1 2 3 4 5 6 7* "

Totally Totally

False True

**6. Suggest it**

*Journaling or discussing it with a trusted person seem to help reduce the incident’s vividness and disturbance.*

**7. Consent to it**

*Would you be willing to try it?*

**8. Explain it**

*As you to think of the incident*

*and its disturbance, find the positives that stem from the experience and focus on that to provide clarity and freedom from the worries and concern.*

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