

Noticing Present Day Cues

Trauma and stabilization | Adults and teens 13+ | 10 to 15 minutes

Identify present day information and an available choice without recounting trauma.

This practice focuses on the room and the current moment. You do not need to describe what happened in the past. Choose details that feel neutral or supportive, keep your eyes open if you prefer, and stop whenever you want.

Find current information

Look around and name a few things you can observe, such as the date on a calendar, a familiar object, the location of the door, or the sound of a nearby fan. If the setting is unsafe, prioritize getting help or moving toward safety instead.

Notice choice in the present

Identify one choice available now: where to sit, whether to move, who to contact, or whether to continue. Try a brief phrase such as "I am in this room, and I can choose my next step." Use words that feel accurate rather than forcing a claim that you are safe.

Three details that help me recognize the current place and time

One neutral or supportive detail I want to focus on

A choice I have right now

What helped, what did not, and what I want to do next