

Planning After a Difficult Reminder

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

Prepare a present focused coping sequence for after a distressing reminder.

A reminder can bring a strong response even when you did not expect it. Build a plan for what to do afterwards without recording the traumatic event. Focus on current needs, available choices, and people or services that can help.

Start with the present situation

Ask whether there is current danger or an urgent health concern. If so, use your agreed emergency or support plan. Otherwise, choose a familiar present moment cue, a quieter location, or another option that has helped you reconnect before.

Reduce the next demand

Decide what can wait, what basic need requires attention, and whether you want contact with someone. You may need rest, food, practical assistance, or a clinician check in. Review the plan later when you feel able; there is no requirement to process the reminder immediately.

Signs that tell me a reminder has affected me

My first present focused response and a place I can use it

A need to address and a demand I can reduce

Who I can contact and when I need more urgent support