

What happened?

Briefly describe the experience. Includes details of the event and your autonomic responses.

Notice and name the cues of DANGER.

What were the cues of danger in the environment? In your body? Sensed through your Social Engagement System?

Notice and name the cues of SAFETY.

What were the cues of safety in the environment? In your body? Sensed through your Social Engagement System?

How might you **resolve** cues of danger? (environment, body, Social Engagement System)

How could you **invite in** cues of safety? (environment, body, Social Engagement System)