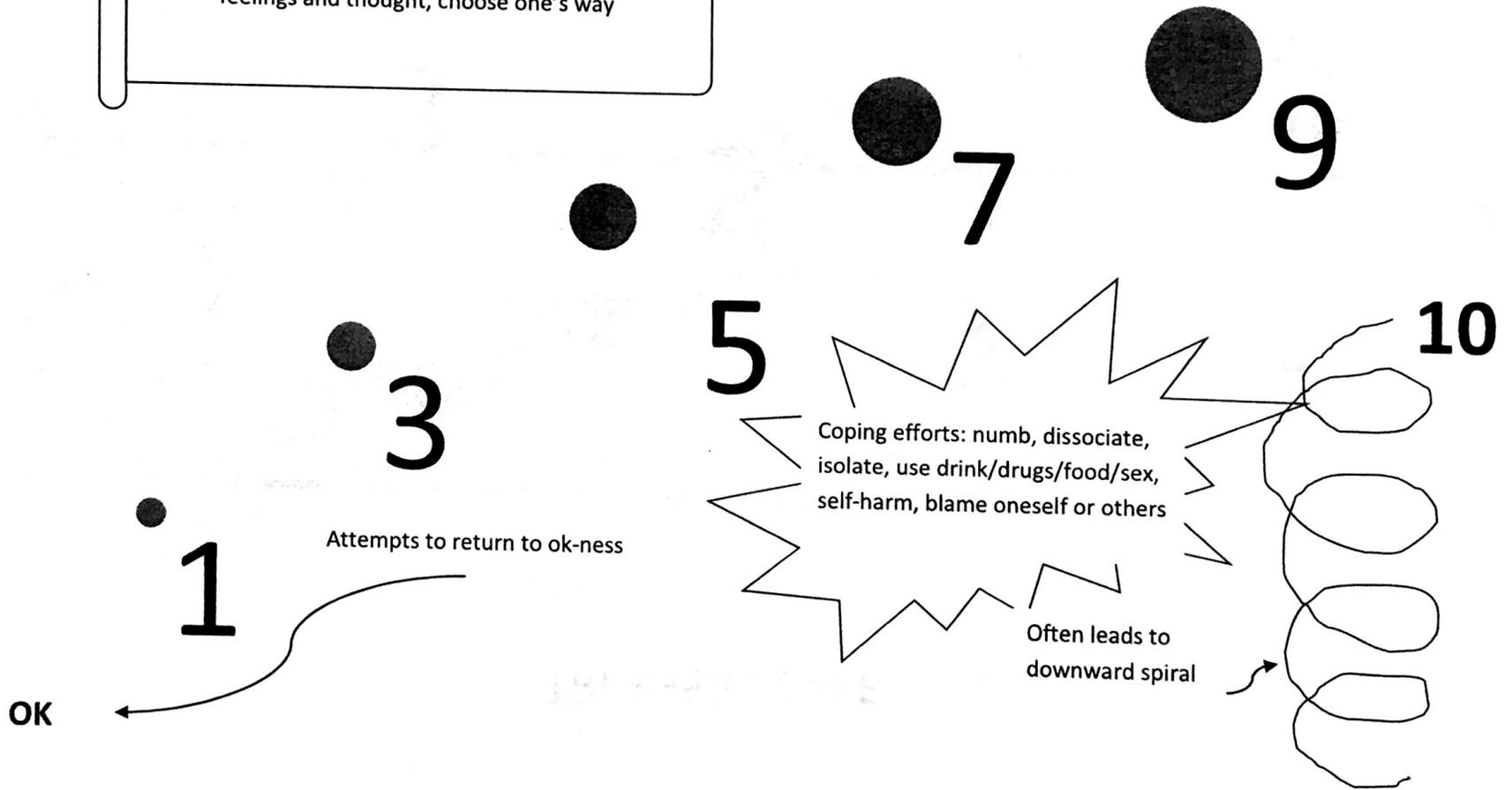


# TRIGGER SCALE

Slowing down: reflect, acknowledge and accept feelings and thought, choose one's way



# TRIGGER SCALE

Flashbacks, despair,  
suicidal thoughts



1

OK

Uncomfortable feelings and  
warning signs in mind and  
body

3



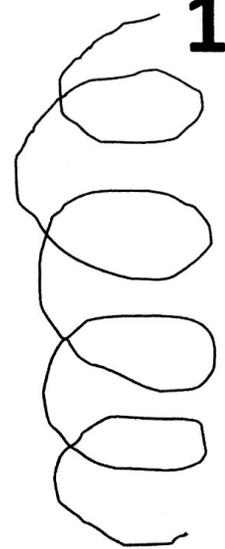
5

Anxiety, fear

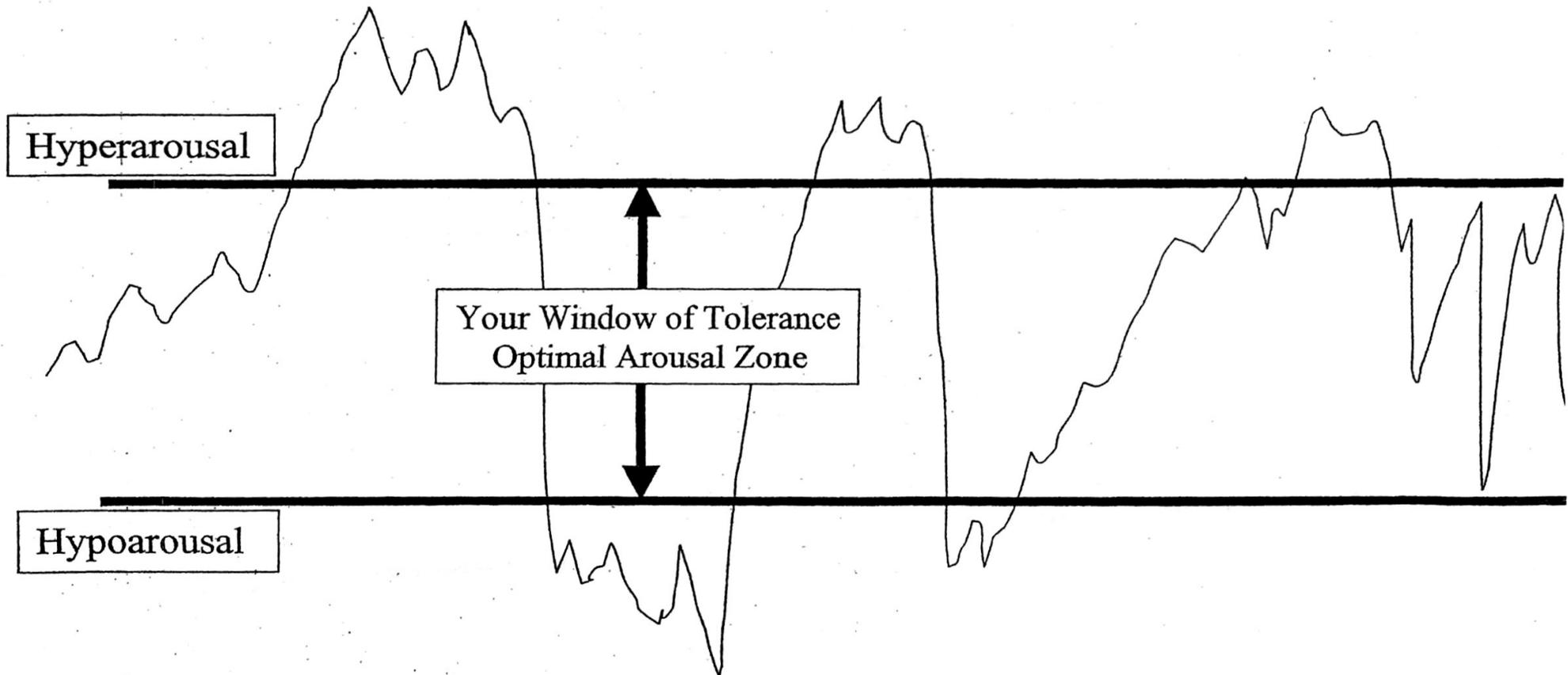
7

9

10



# Modulation & Resources Worksheet



# Modulation & Resources Worksheet

## Body Signs

- 1.
- 2.
- 3.

What resources help you when you're hyperaroused?

- 1.
- 2.
- 3.
- 4.

## Hyperarousal

## Hypoarousal

Your Window of Tolerance  
Optimal Arousal Zone

## Body Signs

- 1.
- 2.
- 3.

What resources help you when you're hypoaroused?

- 1.
- 2.
- 3.
- 4.

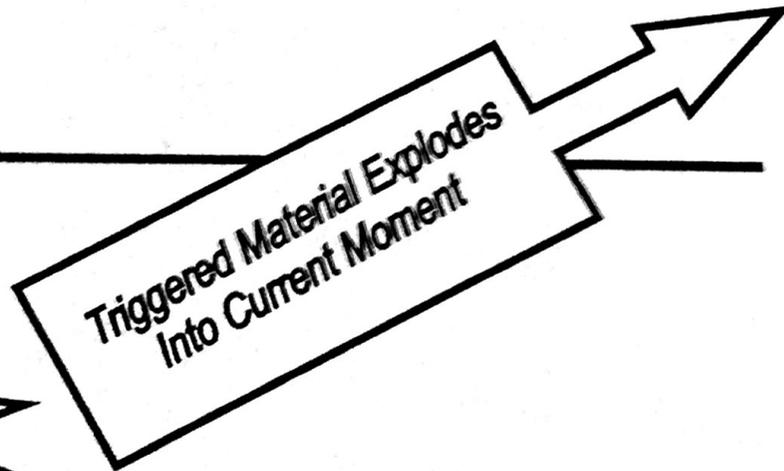
# Parallel Lives

Here & Now



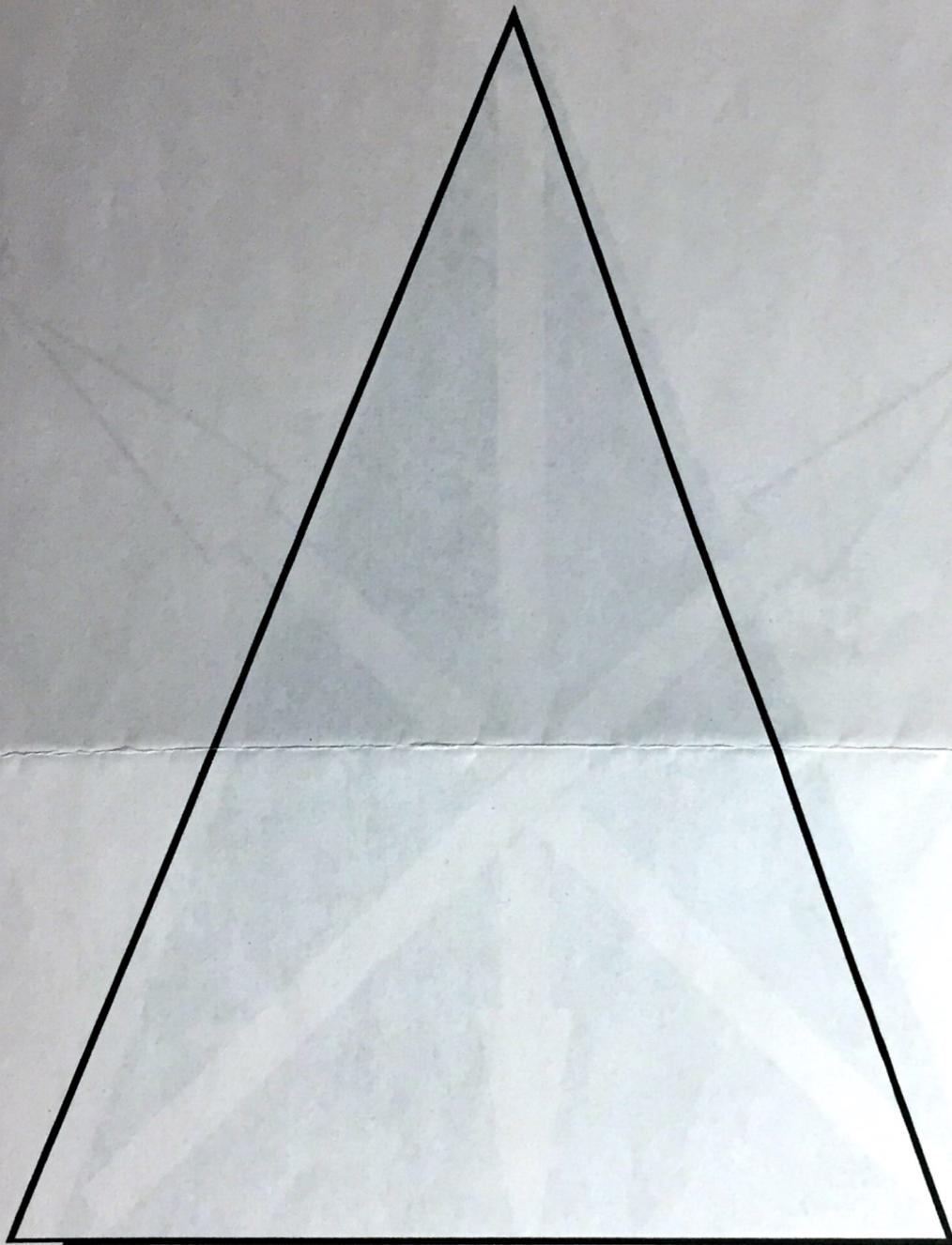
**Something Happens**

There & Then



Result:  
There  
&  
Then  
is  
"NOW"

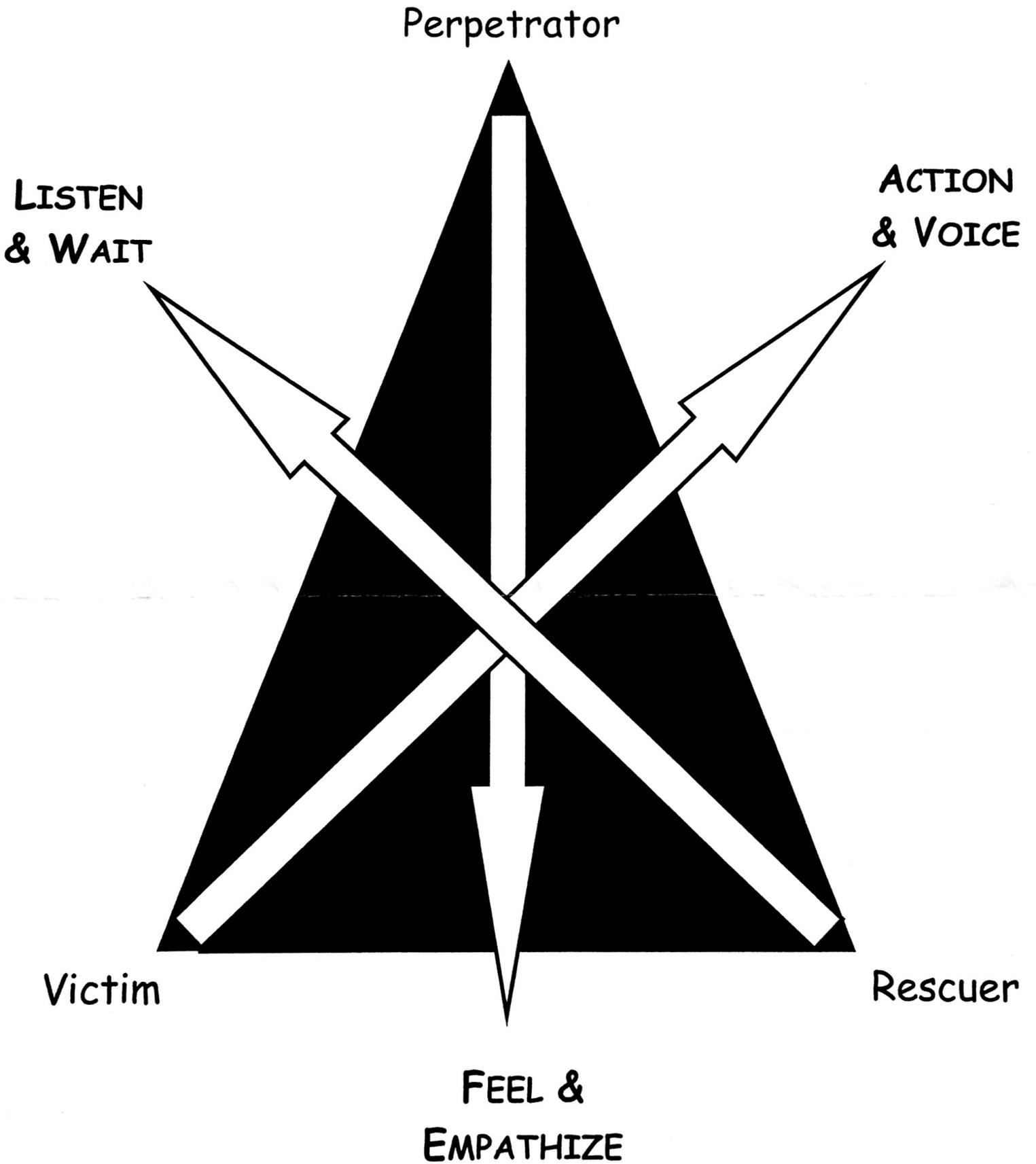
Perpetrator



Victim

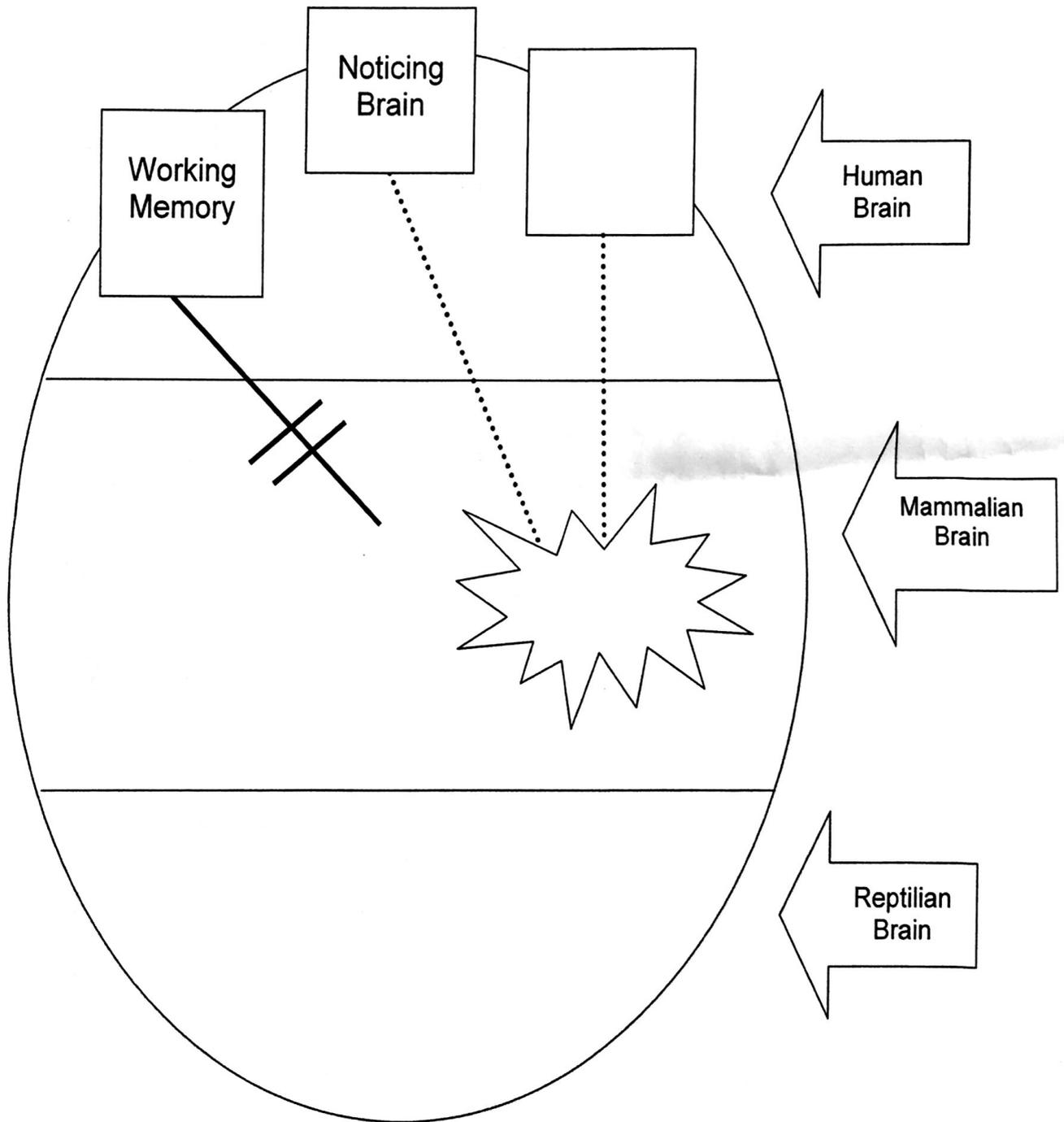
Rescuer

Karpman's Triangle



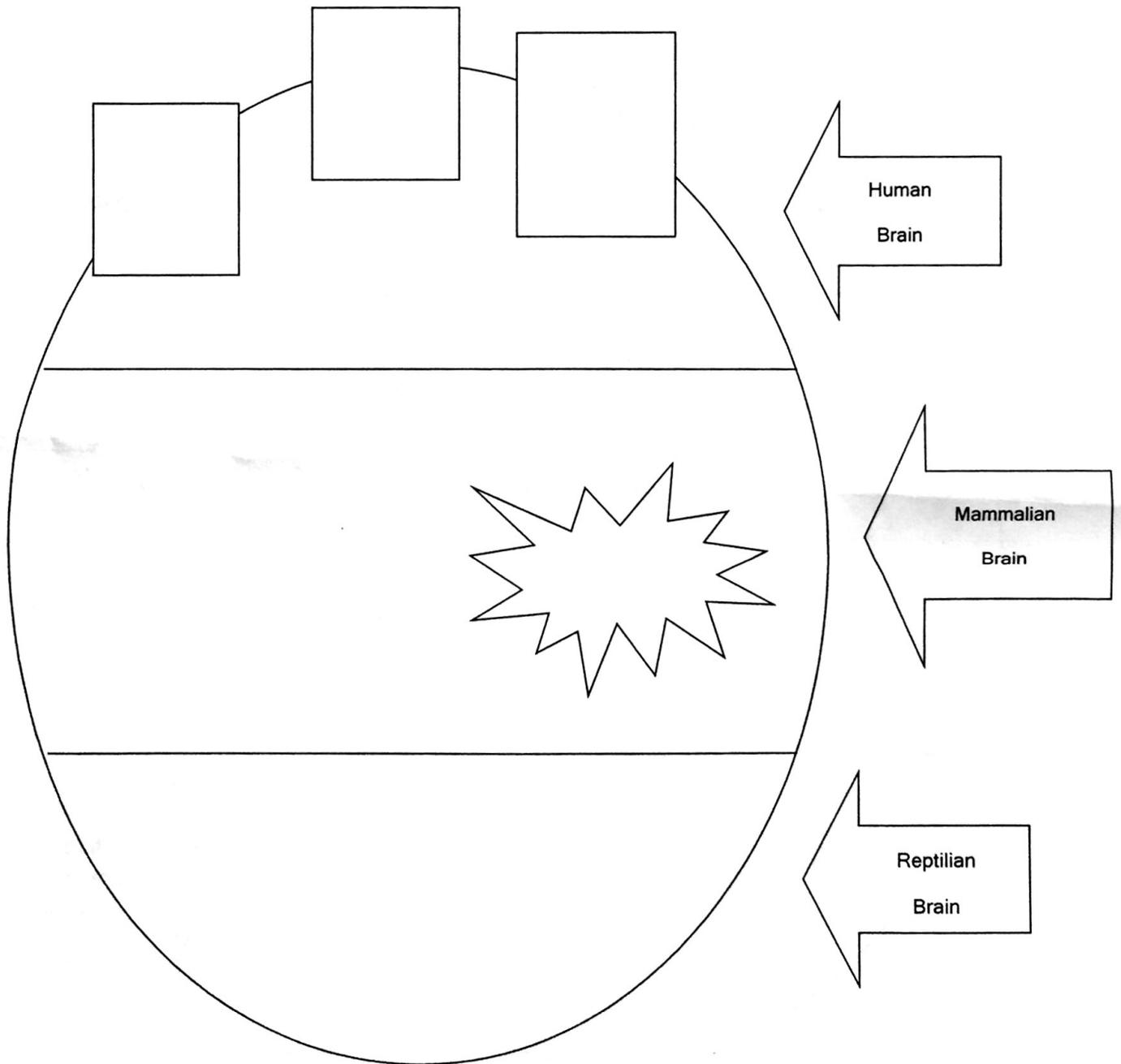
# 3 Brain Model and Soothing

(Part 2 of 2)



# 3 Brain Model

(Part 1 of 2)



WRAP\_2011

Adapted from: Psychoeducational Aids for Working with Psychological Trauma

Janina Fisher, 2009