

So you want to watch **Caution: Unrestricted!**

Here are a few things to keep in mind:

- If you are concerned about triggers, pick a day when you feel relatively well and have few responsibilities to watch the series all at once or only a little at a time.
- There will be sharing of potentially triggering stories and opinions. These include frank and at times sarcastic discussions of sexual violence, emotional abuse, abortion, and self-harm, to name a few.
- Be prepared to pause and check in with yourself as you watch the series. Use the signs of triggers list below as needed. We have provided a list of self-care tips in the case of finding yourself triggered. However, you know best how to take care of yourself and we encourage you to add your own items.
- The making of **Caution** is triggering for us too. We go slow, take time off, cry, and do intentional self-care as needed. Openly talking about these issues with humor and sarcasm is part of our healing process. We are honored to get to do it in community with you.

Signs of Being Triggered

1

EMOTIONAL SIGNS

confusion, anger, nervousness, anxiety, panic, sadness, suddenly feeling unsafe, alert, and cautious



2

MENTAL SIGNS

dissociation, loss of patience, dizziness, disorientation, regression



3

PHYSICAL SIGNS

heart racing, sweating, sudden fatigue, upset stomach, muscle pain, shaking, intense lethargy, choking up



4

URGE FOR EXCESS BEHAVIOR

eating, working, using substances, having sex, shopping



5

FLASHBACKS

visual flashbacks, emotional flashbacks (body memory)



Self Care Tips In Case Of Being Triggered:

1. Tell yourself "I am safe. I am OK." Remind yourself that you are an adult capable of taking very good care of yourself. Remind yourself that these feelings will pass and you will feel better.
2. Rage Therapy: punch a pillow, cry, scream, go for a run.
3. Somatic Therapy: place your hand on the back of the neck and squeeze, caress your own arm, hug yourself lovingly and hold for a few minutes.
4. Slow Down Therapy: breathe, stretch, cancel plans, nap, listen to soft music, meditate.
5. Kink Therapy: If you are a BDSM practitioner, schedule a scene or play date
6. Get out of the house and go for a walk or a drive.
7. Call a survivor friend and express your feelings (e.g. crying, humor, fury).
8. Talk gently with the inner child and reassure protection and safety.
9. Pour out (say out loud) your feelings as if you were a small child (e.g. I hate her for doing that).
10. If possible, identify the source of your trigger. Allow yourself to grieve.

