SO YOU WANT TO WATCH CAUTION: UNRESTRICTED!

HERE ARE A FEW THINGS TO KEEP IN MIND

- If you are concerned about triggers, clear your day after watching Caution and intentionally make sure to have few responsibilities.

- There will be sharing of potentially triggering stories and opinions.

- Be prepared to pause and check in with yourself as you participate. 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.

- The making of Caution is triggering at times for us too. We go slow, take time off, cry, and do intentional self-care as needed. Openly talking about these issues is part of our healing process. We are honored to get to do it in community with you.

1. EMOTIONAL SIGNS
   - confusion, anger, nervousness, anxiety, panic, sadness, suddenly feeling unsafe, alert, cautious

2. PHYSICAL SIGNS
   - heart racing, sweating, sudden fatigue, upset stomach, muscle pain, shaking, intense lethargy, choking up

3. URGE FOR EXCESS BEHAVIOR
   - eating, working, using substances, having sex, watching tv, ruminating, shopping

4. MENTAL SIGNS
   - dissociation, loss of patience, dizziness, disorientation, regression

5. FLASHBACKS
   - visual flashbacks, emotional flashbacks (body memory), sensory flashbacks

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10 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 friend** and express your feelings (e.g. sadness, guilt, anger).
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.**