

CAUTION UNRESTRICTED

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Trigger Guide

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

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.

