



A quick note before you start

- I'm sharing ideas that have helped me. This is **educational, not medical, not mental-health, not professional advice.**
- Calmfire is designed to support not replace care from qualified professionals.
- Please adjust or skip anything that doesn't feel right for you.
- If you're in crisis or unsafe, please contact local emergency services.



A Brave 1st Step

Try This Small Exercise

You can either try using “You” or “I” or “Your Name”. Sometimes an “I” can feel too direct. Do whatever feels best for you. Try speaking to yourself like this:

“Thank you (your name) for taking some time today. It’s okay if you get nervous, it’s part of the process and things will be ok. You can do this.”

If there is too much resistance, know again that this is part of Complex Trauma and it’s okay. This is not about perfection and feeling things or 100% all at once. **Start trusting that your body and brain will process these messages somewhere.**

Use whatever power/compassion words resonate toward the end of the sentence.

I have power, I have worthiness, I have myself...

If you feel too numb or **positivity makes you anxious**, frightened or nothing resonates, these are still your defenses. Try to let go of judgement (of yourself or your feelings) and try to approach the exercise with curiosity.

You can also try the following simple more neutral but powerful phrases:

I am safe, I exist, I am having a lot of thoughts, I’m in the present...

If you still feel too removed, pick words or phrases that would most resonate if they could. Again, know that somewhere inside, your brain will process this at some level. I’ve included a bank of phrases below.



Word Bank - Neutral Words / Phrases

Please remember to adapt to what helps you in the moment.

If nothing “clicks”, you can also create your own statements or pick whatever would resonate the most.

- I am
- I am noticing my surroundings
- I exist
- I am having thoughts
- I am just reading words on a page
- I am breathing
- I am walking
- I am sitting
- I am touching my feet to the floor
- I am holding this object
- I hear sounds
- I am seeing a color
- I am moving my hands
- My feet are on the earth

Remember none of this is about perfection. You are on your own journey and taking some time for yourself.



Word Bank and Phrases

Power	Compassion	Worthiness/Belonging	Safety & Reassurance
I have power	I am doing my best	I am worthy of love	I am safe
I am capable	I am allowed to rest	I am worthy of self-love	This feeling will pass
I am strong	I am allowed mistakes	I am not broken	I can breathe through this
I have survived what I thought I couldn't	I don't have to be perfect	I have value	I am not alone
I can move forward	I can forgive myself and take ownership	I don't need to earn love	My body is doing what it knows to protect me
I am enough	I am gentle with myself	I can love	I have made it through hard things
I can say no or yes	Healing is not linear	I deserve kindness	I am not my trauma



Word Bank and Phrases Cont'd

Power	Compassion	Worthiness/Belonging	Safety & Reassurance
I am allowed to take up space	My needs are valid	I am heard	Thoughts do not define me
I have choices	It's okay to ask for help	I belong	Feelings do not define me
I matter	I can trust myself	It's okay to let go	I am anchored to the present
I can make my own decisions	I give myself grace	I can be seen	I can feel myself exhale slowly
I can say no or yes	Healing is not linear	I deserve kindness	I am grounded
I am in charge of my story	I choose joy/courage/calm over fear	I deserve to be treated well	My past does not make my future
I can take the next step	I accept myself unconditionally	I am a good person	I trust in the healing process
<i>You, I, MyName...</i>	<i>You, I, MyName...</i>	<i>You, I, MyName...</i>	<i>You, I, MyName...</i>