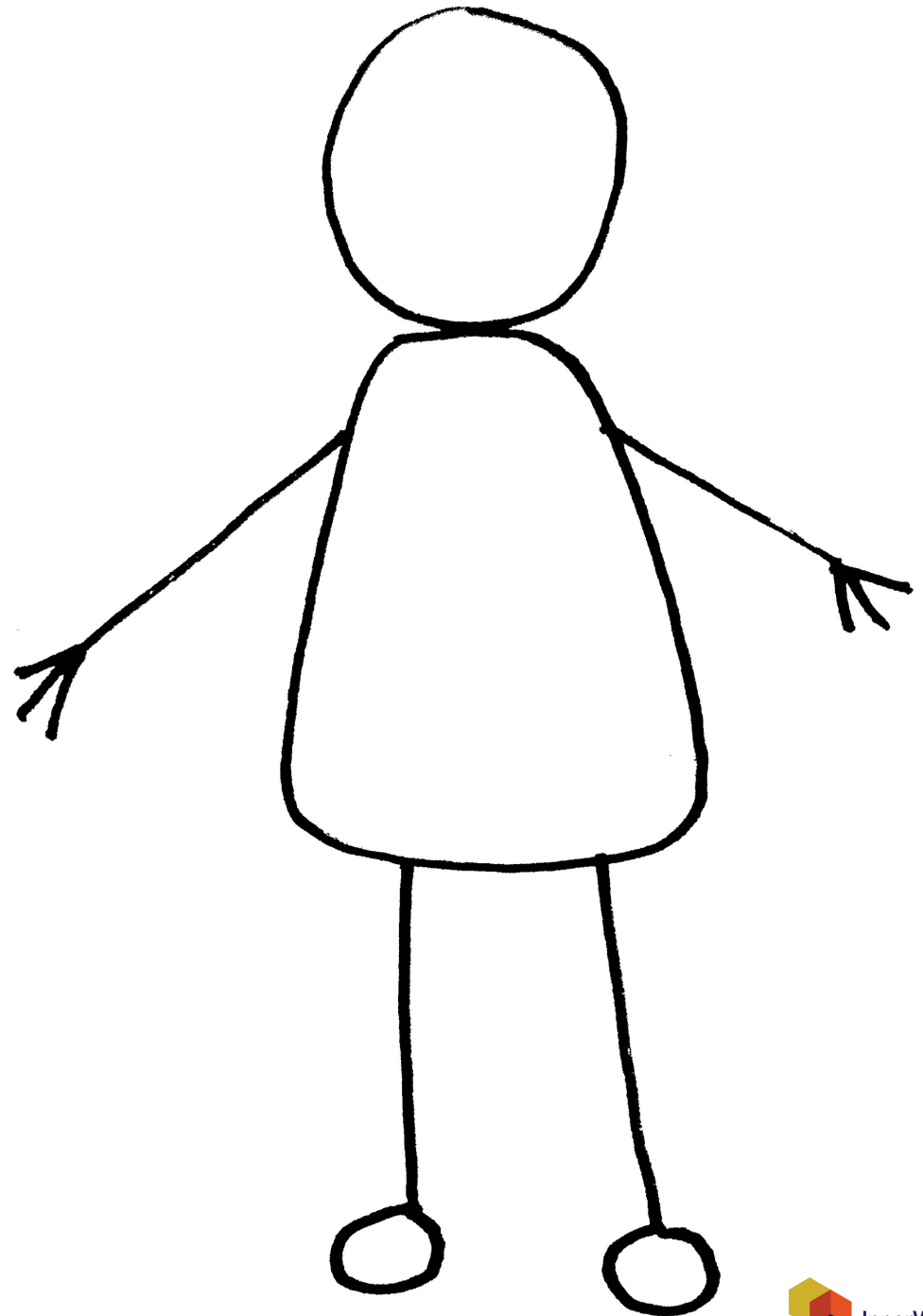


What survival looks like...

# FOR ME

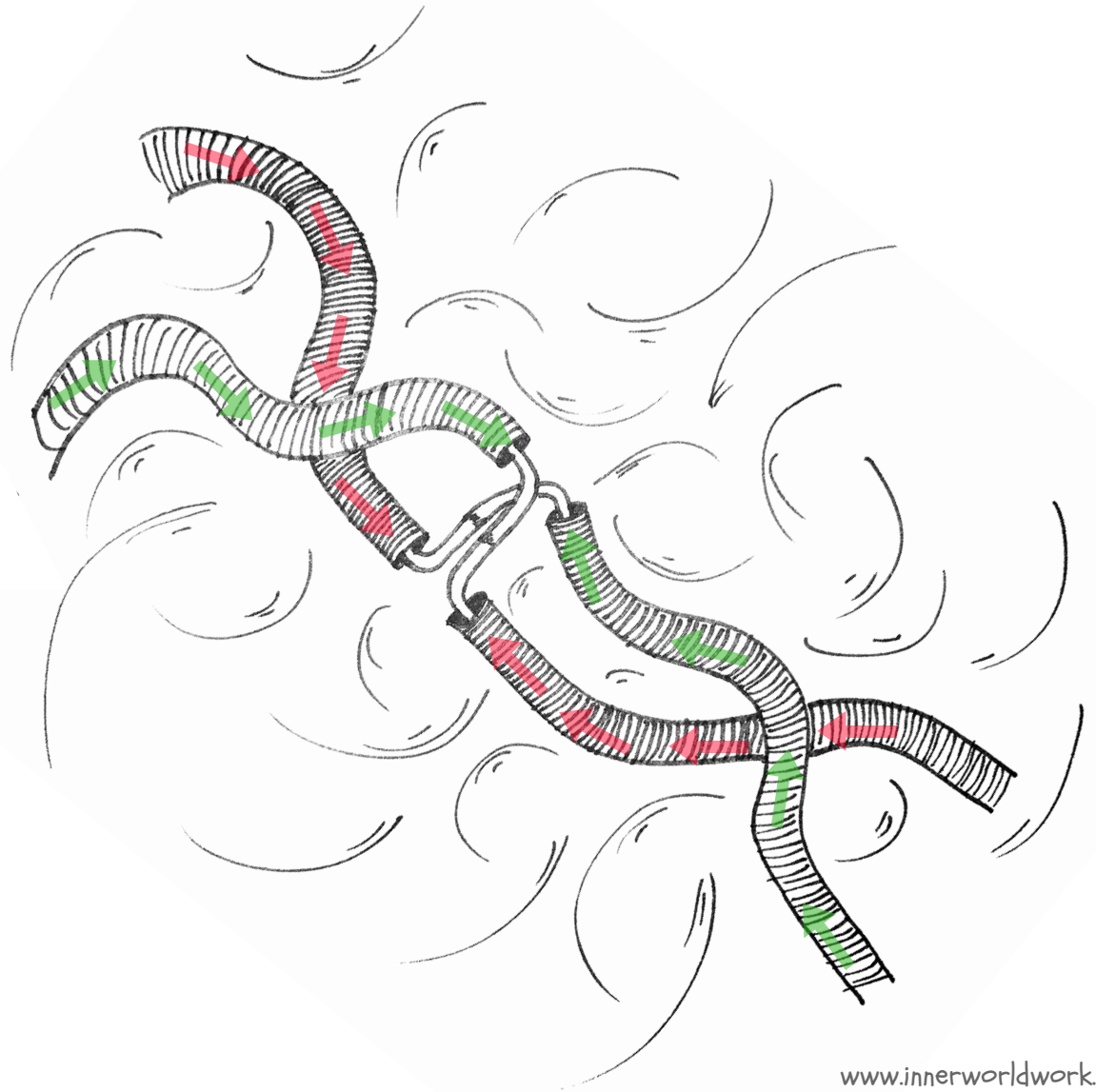
Created by

.....



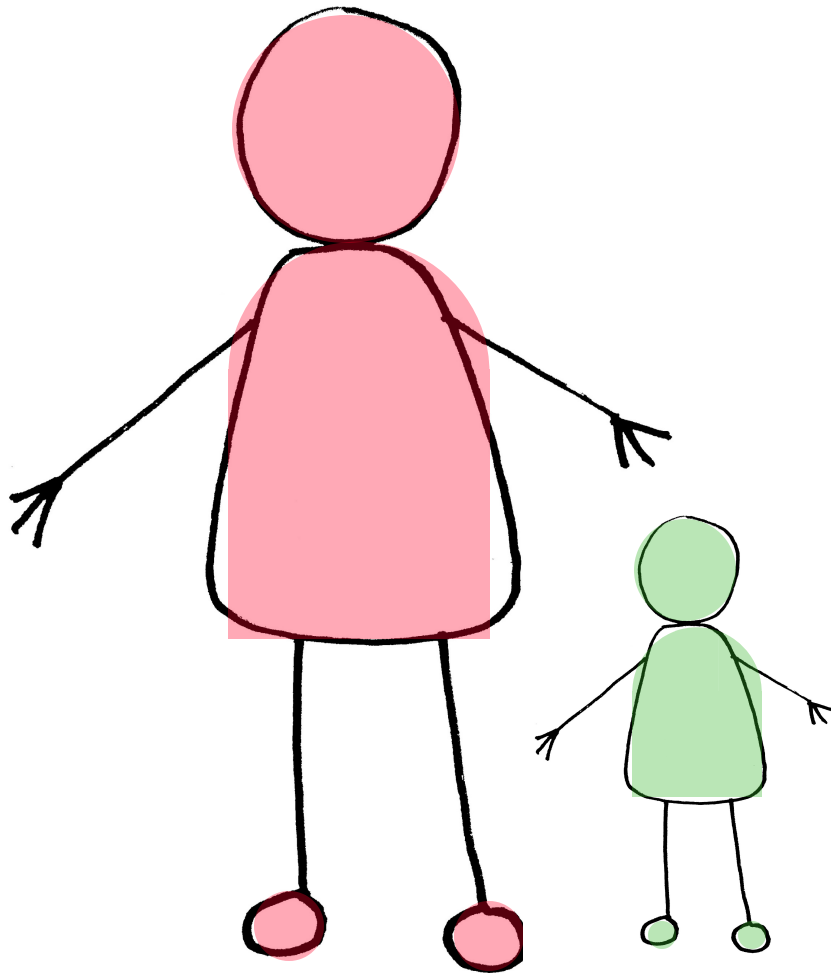
When I was little, some wires got connected to the wrong places in my brain. Often I think and feel like I'm under attack even when I'm actually very safe. My brain activates **survival** mode to protect me.

I don't even know that I have gone into **survival** mode. It happens so often that this part of my brain is really strong and rules over the **calm** part of my brain. It is difficult to turn it off by myself and I need your help!



Why is it so important that you know this?

The part of my brain activated to help me **survive**, is different from the part of my brain activated when I'm **calm**.



When I'm in a **survival** state it takes over from my **calm** brain and I struggle to play well with friends, listen to what you are asking me to do, move from activity to activity, stay safe walking down the street or even eat my dinner!

The problem is, it's really hard to see when I'm in **survival** mode. I look very different to how I feel inside and often I can remain in **survival** mode for so long, that it seems like part of my personality.

Please help me work out what's going on for me by going through the four **survival** modes with me, they are called fight, flight, freeze, and submit. How I feel is right for me so there is no wrong way of doing this. Even if we don't end up filling anything in, just stopping and trying to find out what's going on for me will make a difference to my Inner World.

I would love your help \_\_\_\_\_ to feel safe so I can enjoy my time with my friends, make my relationship with you stronger and feel happier in different places. I really do want to feel ok.

put the name of your trusted adult here

# What I look like in Freeze...

What's happening on the outside?

X

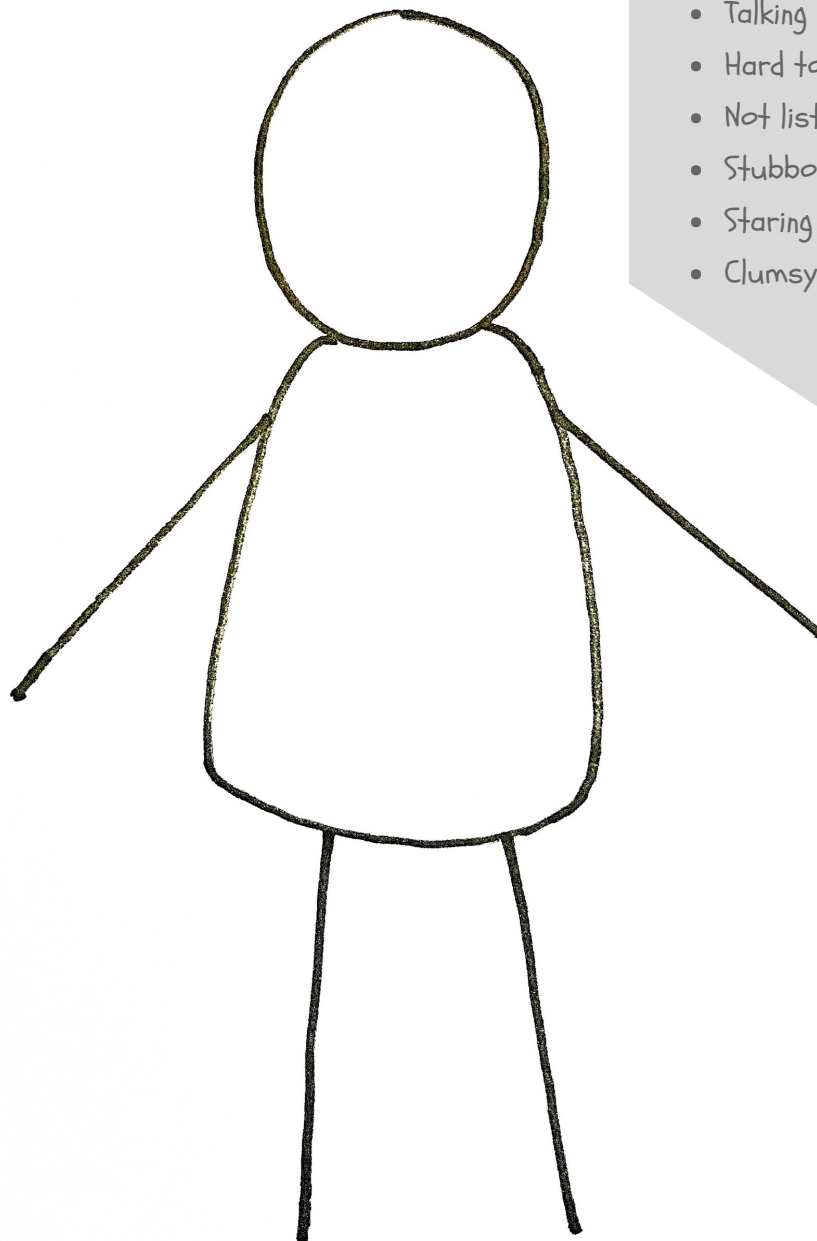
X

X

X

X

X



Some ideas to help you

- Not interested, bored
- Confused, forgetful
- Talking about something else
- Hard to move through the task
- Not listening
- Stubborn
- Staring into space, daydreaming
- Clumsy

# What I am aware of...

What's happening on the inside, just below the surface?

x

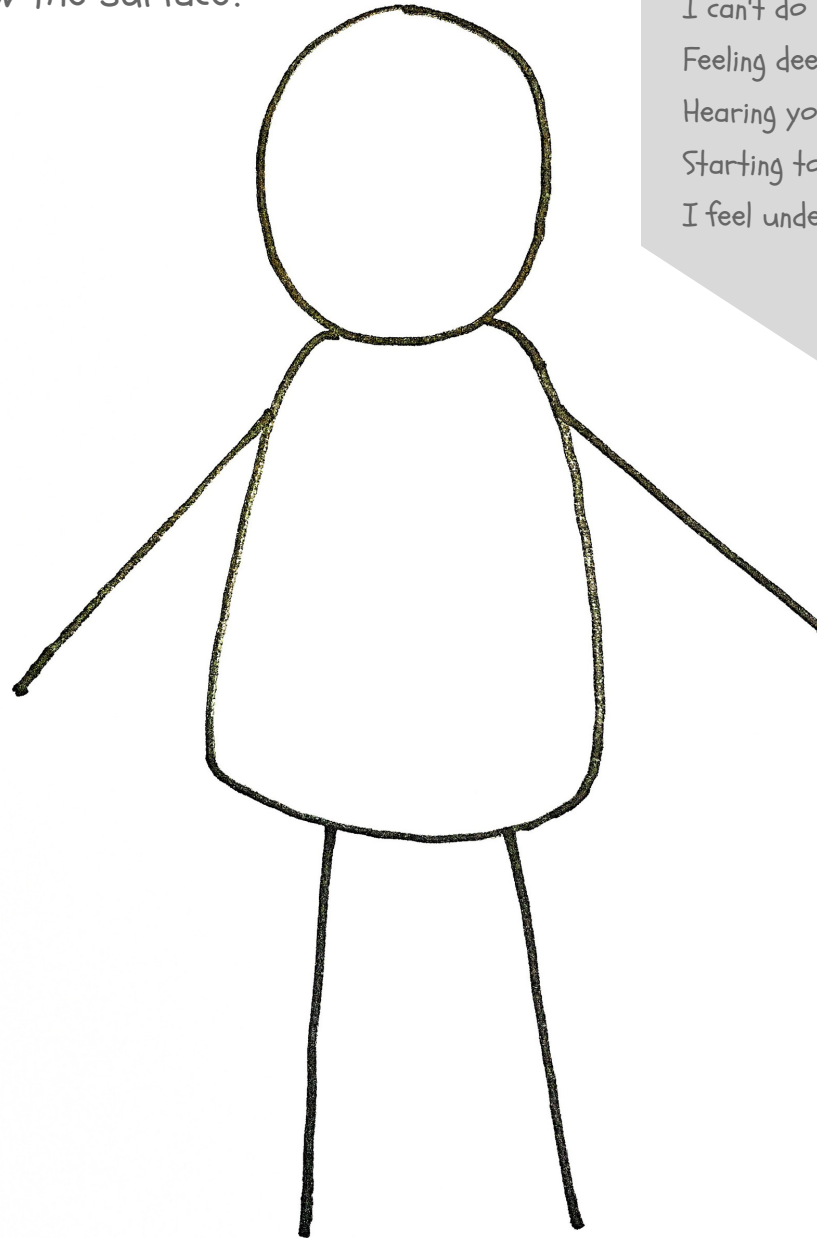
x

x

x

x

x



Some ideas to help you

My brain is slowing down

Thinking of something safe

I can't do what you want

Feeling deeply anxious

Hearing you getting frustrated

Starting to shut down

I feel under attack

# How my body feels...

x

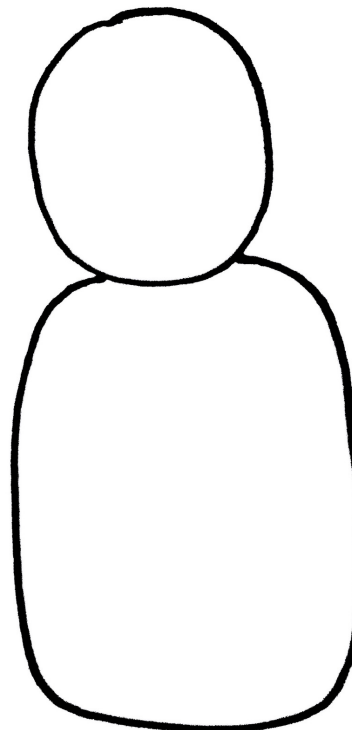
x

x

x

x

x



Some ideas to help you

Frozen brain

If I don't move, you can't see me

Everything feels like a dream

Under attack

In a fog

Disconnected

Numb

# When do I go into Freeze?

When does what you've written down so far, happen to you?

X

X

X

X

X

X

Some ideas to help you

At School

In a School Play

When someone shouts at me

When I am asked to do something I  
don't want to do

At a party

Somewhere loud



# What's happening in my Inner World...

What's really happening deep deep down?

X

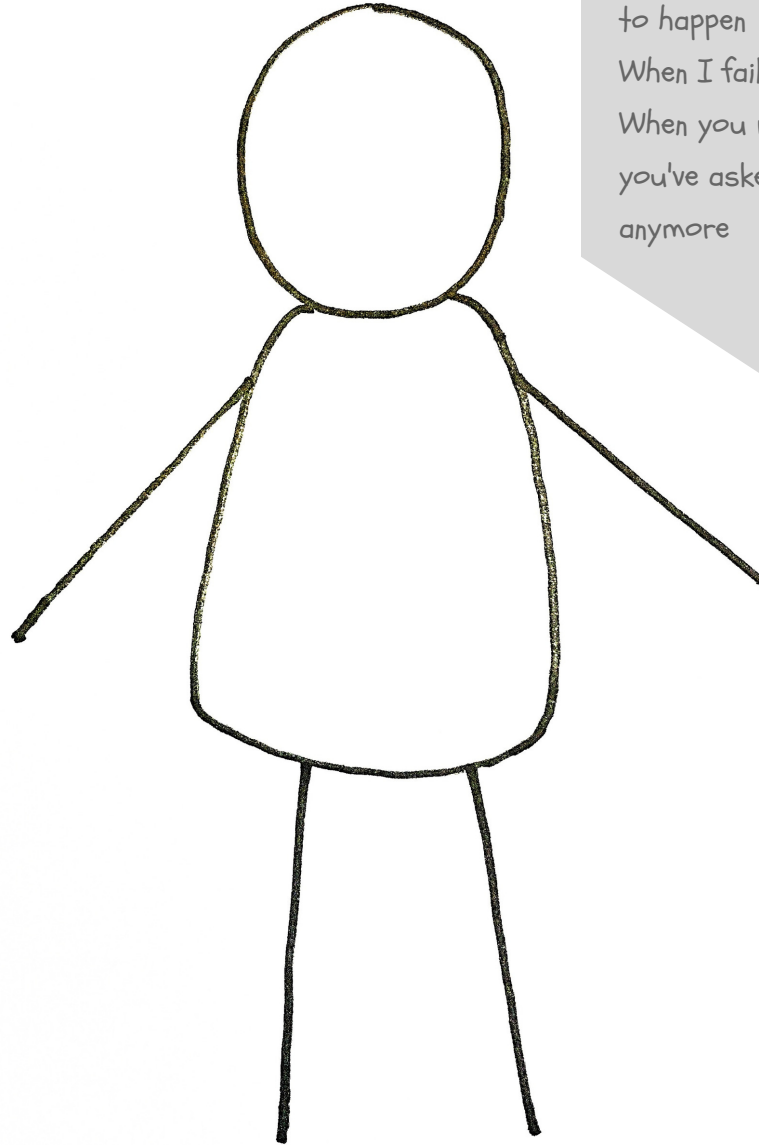
X

X

X

X

X



Some ideas to help you

I need to feel safe

Shame, I hate myself

I'm scared I don't know what's going to happen

When I fail you'll send me away

When you realise I can't do what you've asked, you won't want me anymore

# You can help me feel safe by...

What can your trusted adult do to make you feel ok?

X

X

X

X

X

X

## Some ideas to help you

Stay with me, don't leave me alone

Deep breathing

Spinning on a swing

Digging in the garden or in some sand

Tell me that I'm ok & that I'm safe

Jumping on a trampoline

Gently wonder where I've gone

Tell me kindly who I am & what we're doing

Climbing & hanging

Rolling or cycling downhill

Watching TV

Cup of hot chocolate & a piece of toast

Soft teddy in bed with me

A nice warm bath & a warm towel

# What I look like in Flight...

What's happening on the outside?

X

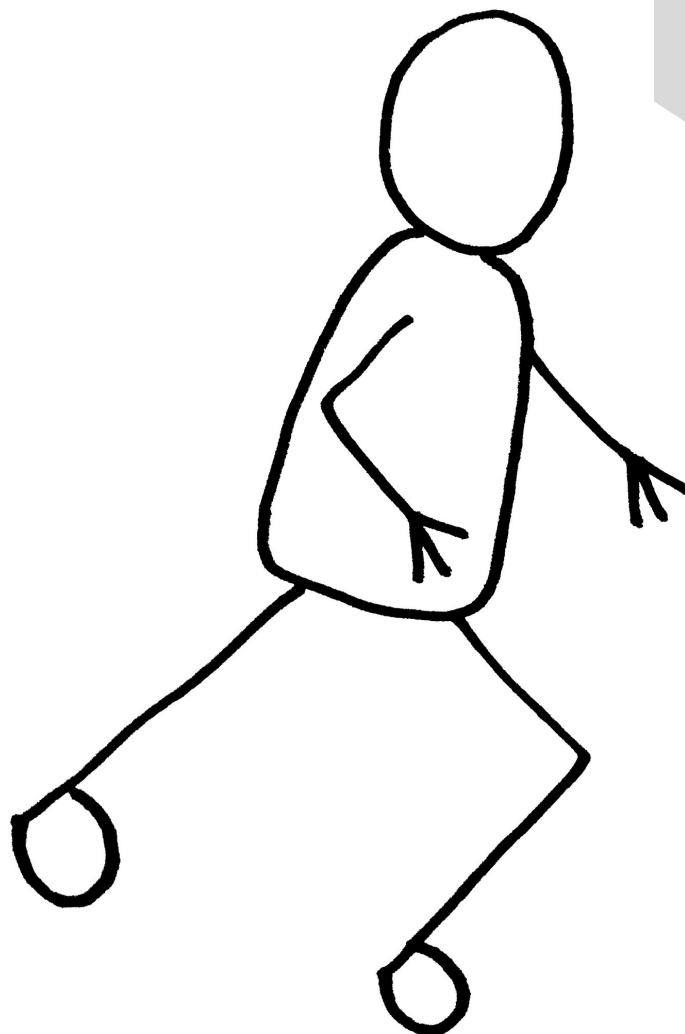
X

X

X

X

X



Some ideas to help you

Running away

Keeping SUPER busy

Not coping with free time

Needing to be first

Bumping into people

Avoiding chores or playing

Baby talk or silly voices

Hyperactive, giddy & silly

Hiding under tables

# What I am aware of...

What's happening on the inside, just below the surface?

X

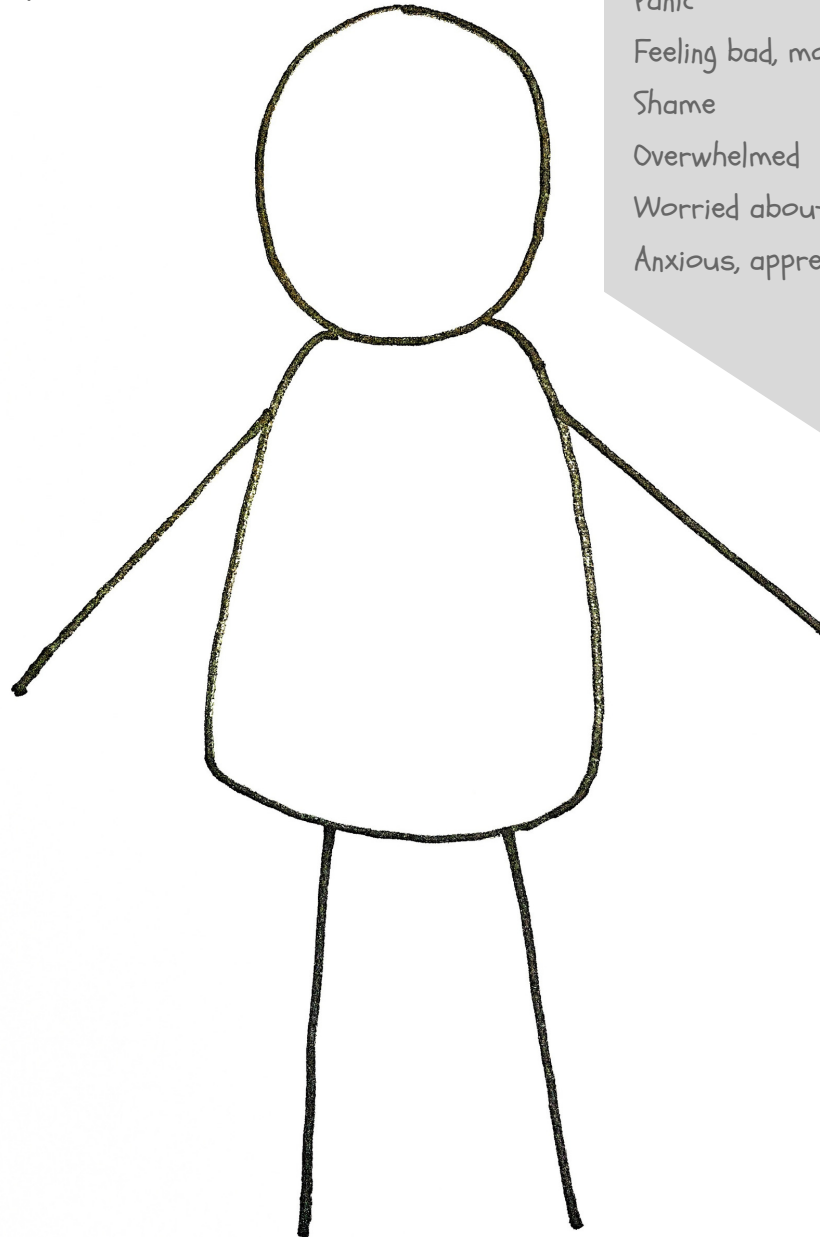
X

X

X

X

X



Some ideas to help you

Unable to focus

Lonely

Panic

Feeling bad, movement is distracting

Shame

Overwhelmed

Worried about what's happening next

Anxious, apprehensive

# How my body feels...

x

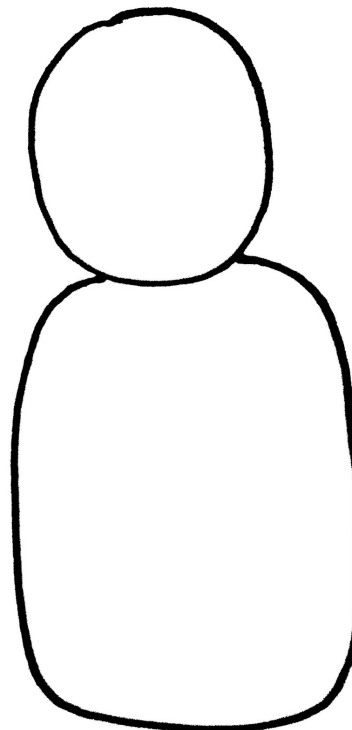
x

x

x

x

x



Some ideas to help you

Escape, run & hide

Painful joints

Numb

Vibrating

Ready for action

Jumpy & tense

Sick

# When do I go into Flight?

When does what you've written down so far, happen to you?

X

X

X

X

X

X

Some ideas to help you

At School

When I feel overwhelmed by a request

When I hear a loud noise

At bedtime

At a friends house

Celebrations

# What's happening in my Inner World...

What's really happening deep deep down?

x

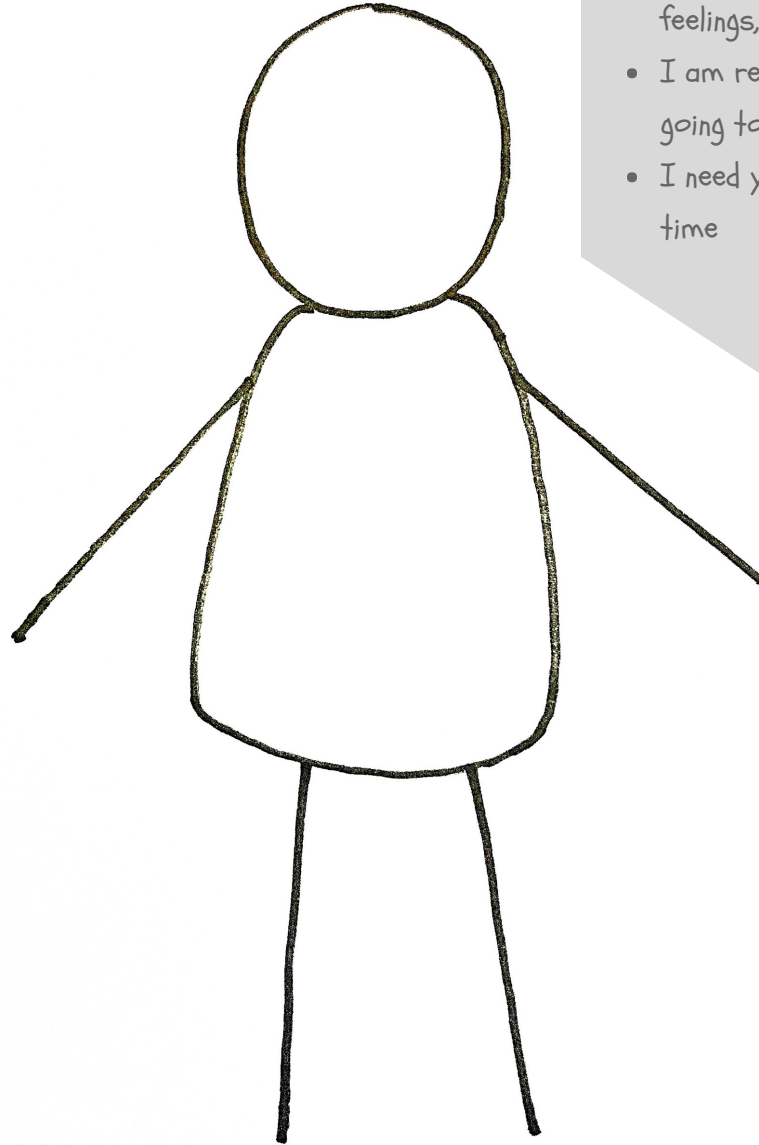
x

x

x

x

x



Some ideas to help you

- I want to escape from this scary moment but I can't
- I don't want you to see my real feelings, you can't handle them
- I am really worried I can't do what's going to happen next
- I need you to find me every single time

# You can help me feel safe by...

What can your trusted adult do to make you feel ok?

X

X

X

X

X

X

## Some ideas to help you

Keep me close by

Happily find me if I'm hiding

Deep breathing

Crunchy foods

Give me a easy & familiar chore to do

Make things predictable

Hanging from monkey bars

Tell me I'm safe, show me a safe place I  
can go to

Heavy blankets

Kindly talk though what might be tricky

Tug of war

Cup of warm milk

Hot water bottle

Soft teddy



# What I look like in Fight...

What's happening on the outside?

X

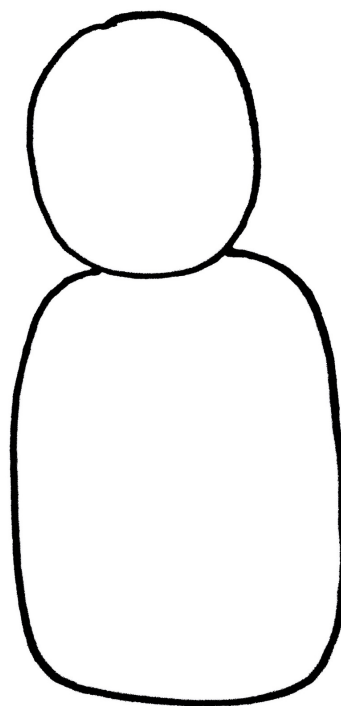
X

X

X

X

X



Some ideas to help you

Hot & bothered

Angry & aggressive

Controlling

Lie or blaming

Shouty & argumentative

Pushing away friends/siblings

Demanding

Inflexible

# What I am aware of...

What's happening on the inside, just below the surface?

X

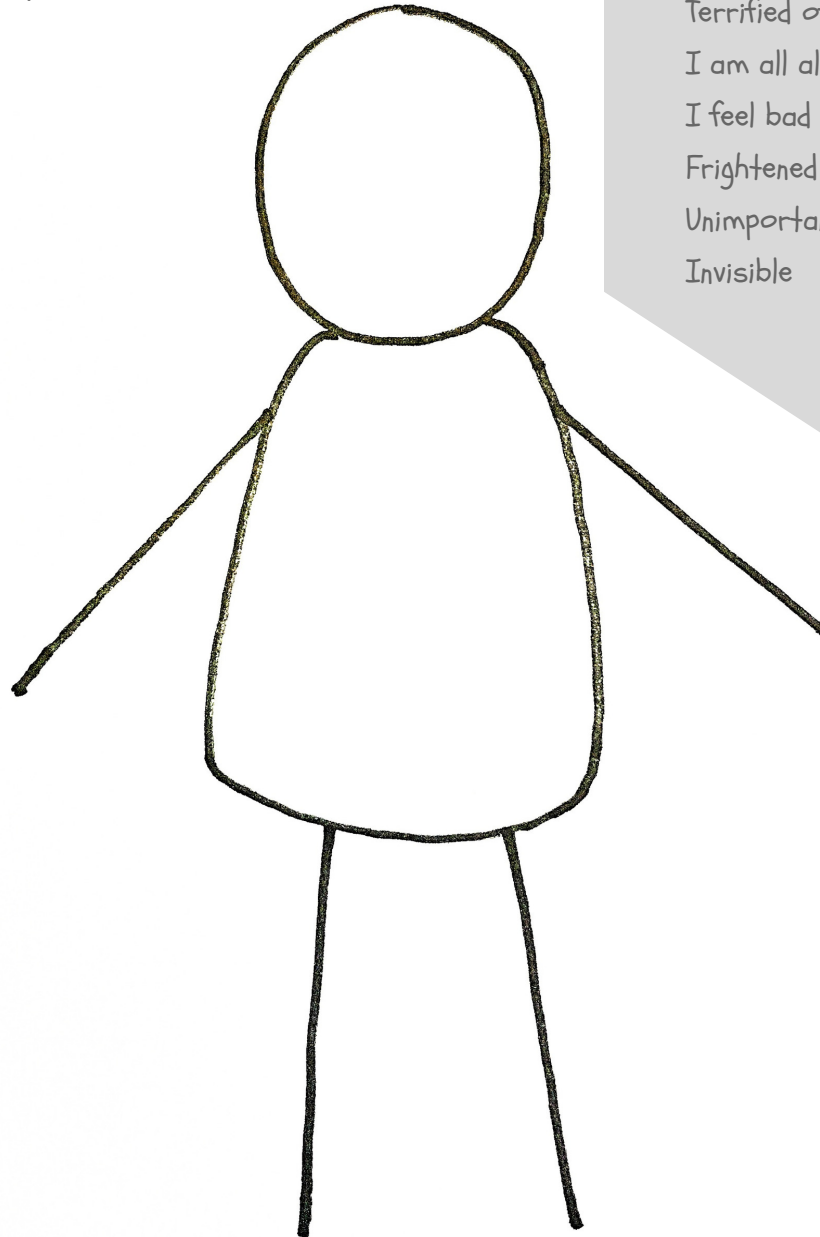
X

X

X

X

X



Some ideas to help you

I'm in danger

Really scared

Terrified of this feeling

I am all alone

I feel bad

Frightened

Unimportant

Invisible

# How my body feels...

x

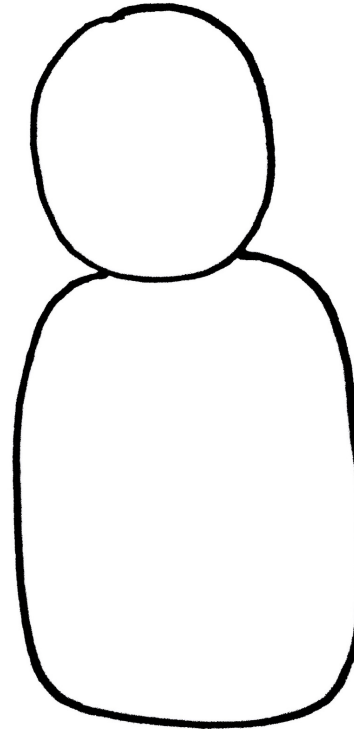
x

x

x

x

x



Some ideas to help you

Very hot or very cold

I need to hit to let it out

I am going to explode

Everything hurts

Pressure

I can't hear or see well

# When do I go into Fight?

When does what you've written down so far, happen to you?

X

X

X

X

X

X

Some ideas to help you

At home

During transitions

Endings

At School

At friends houses

# What's happening in my Inner World...

What's really happening deep deep down?

X

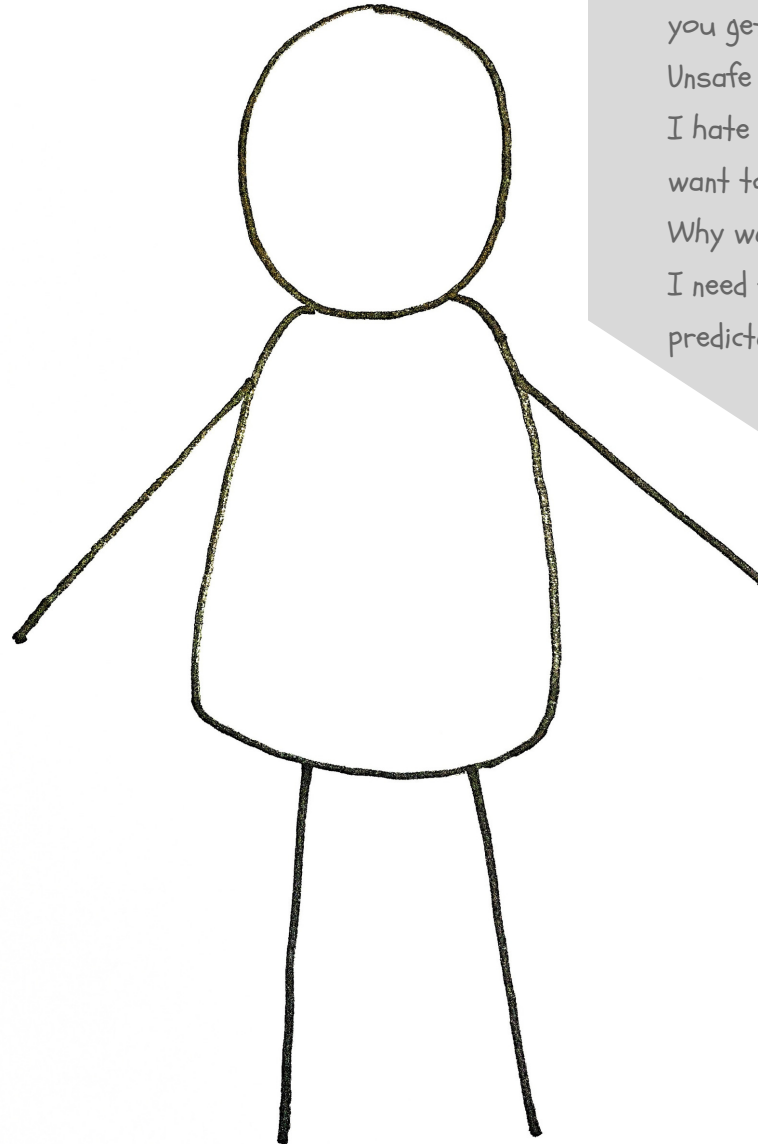
X

X

X

X

X



Some ideas to help you

I can't be cross at the people I  
really want to be cross at  
I'm going to push you away before  
you get rid of me

Unsafe

I hate myself, I am unloveable, I  
want to die

Why wasn't I good enough?

I need to be in control & make things  
predictable

# You can help me feel safe by...

What can your trusted adult do to make you feel ok?

X

X

X

X

X

X

## Some ideas to help you

Give me a something to do that makes me feel important

Support me socially

Match my energy

Chewy foods - especially sweet & salty foods

Make things predictable

Deep breathing

Hanging & swinging

Climbing

Connect & show empathy before exploring the consequences of my behaviour

Warm bath with lots of bubbles

Warm milk

Hot water bottle

Super soft teddy & blanket

# What I look like in Submit...

What's happening on the outside?

X

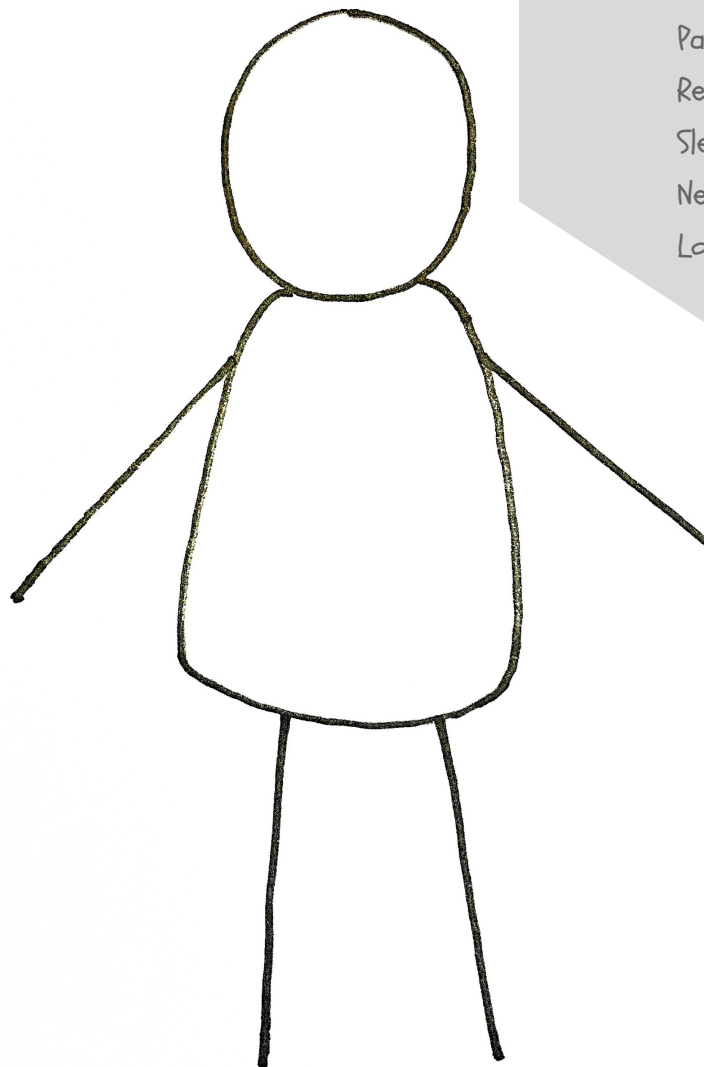
X

X

X

X

X



Some ideas to help you

Socially withdrawn

Compliant

Quiet

Unable to think, just yes

or no answers

Passive

Resigned

Sleepy

Neutral expression

Low mood

# What I am aware of...

What's happening on the inside, just below the surface?

x

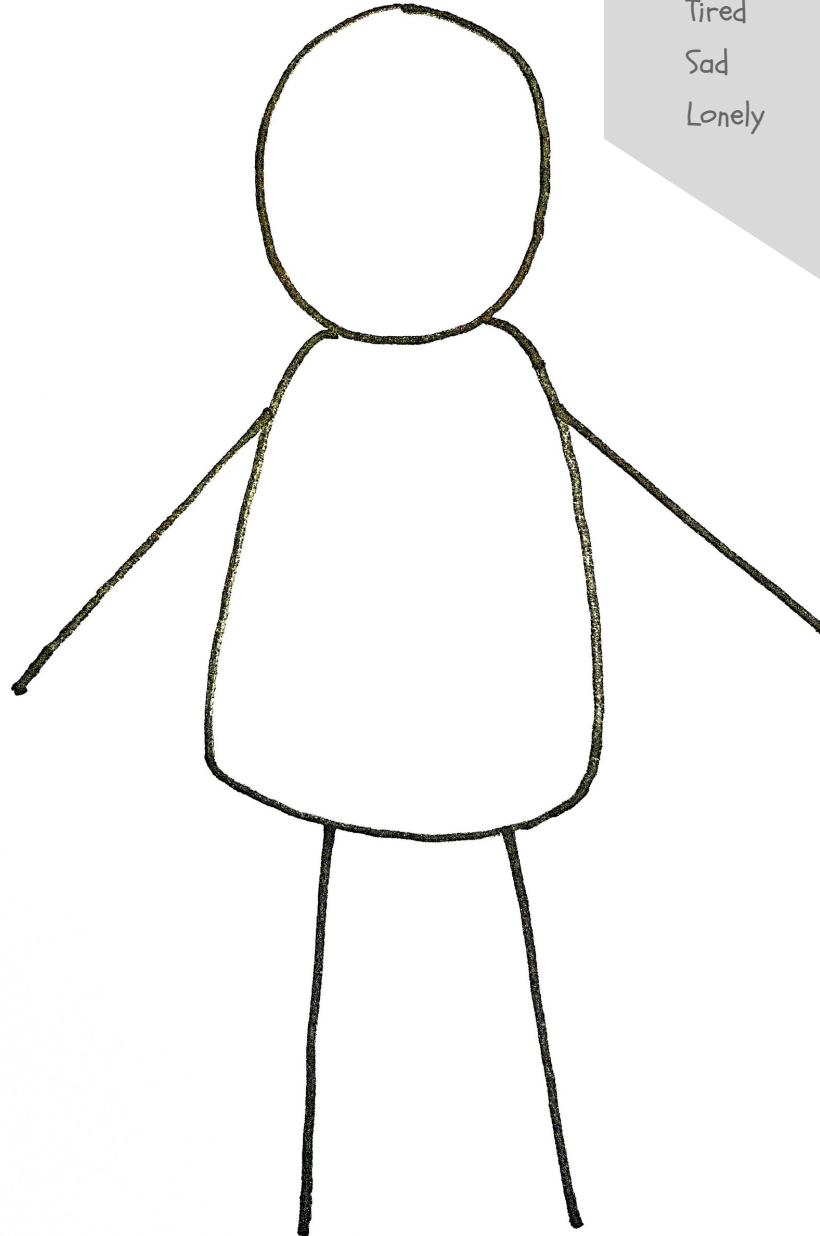
x

x

x

x

x



Some ideas to help you

I can't think

Tummy aches

Tired

Sad

Lonely



# How my body feels...

x

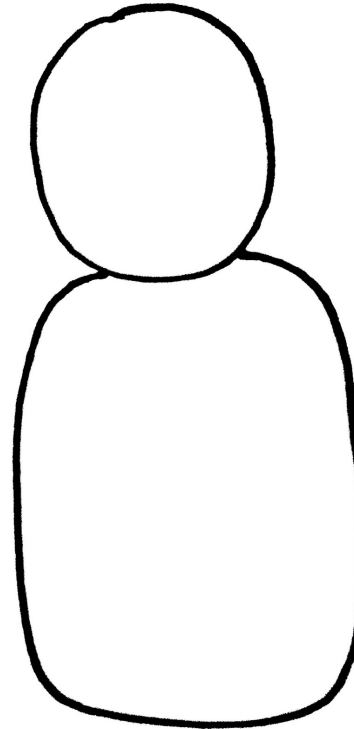
x

x

x

x

x



Some ideas to help you

Worn out, no energy

Guilty

It's given up

Slow

Tearful

Poorly

# When do I go into Submit?

When does what you've written down so far, happen to you?

X

X

X

X

X

X

Some ideas to help you

At school

When I am asked to do something I don't want to do

At a party

Somewhere loud

Celebrations

# What's happening in my Inner World...

What's really happening deep deep down?

x

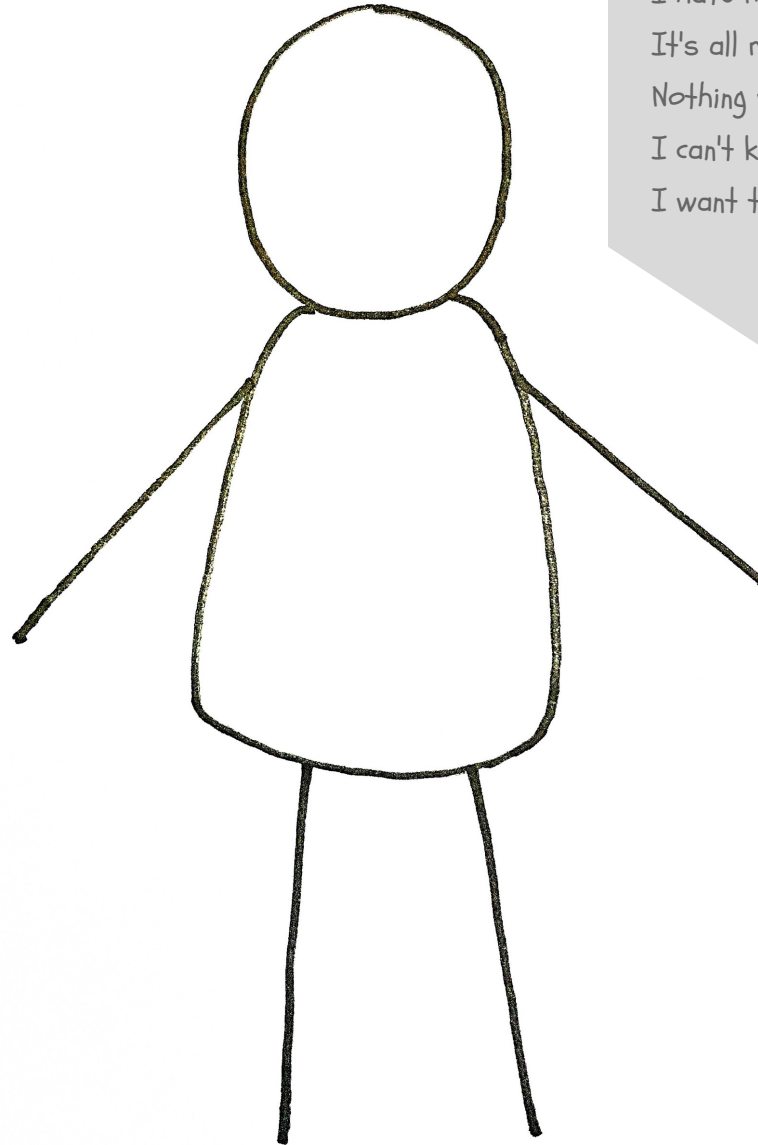
x

x

x

x

x



Some ideas to help you

Why can't I be better, I'm completely useless

I hate myself, I am unloveable

It's all my fault

Nothing will ever feel ok

I can't keep myself safe

I want to die

# You can help me feel safe by...

What can your trusted adult do to make you feel ok?

X

X

X

X

X

X

## Some ideas to help you

Repetitive simple tasks

Weighted blanket

Swinging

Building with lego or play-dough

Tell me I'm safe

Deep breathing

Hot chocolate & a biscuit

Spending time with a trusted adult

Do the task with me

Wrapping up in a soft blanket & watching TV

Tell me what to do without showing frustration

Warm bath & a warm towel

Warm pyjamas