

Progressive Counting — Calming Edition (One-Page Guide)

1. Prepare

Sit somewhere quiet. Remind yourself: *This is just a memory, and I am safe now.*

2. Make the Memory Movie

Picture the event from just before it starts, through the event, and ending after you are safe.

3. Run the Movie While Counting Backward

Round 1: Count 10 → 1. Round 2: 20 → 1. Round 3: 30 → 1. Increase by 10 each round. After each round, rate distress (0–10).

4. If It Gets Too Intense

Pause. Open your eyes. Ground yourself. Say: *That was then. This is now.* Resume only when settled.

5. Future Template

When distress is 0–1, imagine a similar future situation. See yourself handling it calmly.

6. Close

Take deep breaths, stretch, or sip water. Say: *The memory is filed away. I'm done with it.*

Round	Count	Distress (0–10)
1	10 → 1	_____
2	20 → 1	_____
3	30 → 1	_____
4	40 → 1	_____
5	50 → 1	_____
6	60 → 1	_____