

## SADNESS SAFETY DANCE CHECKLIST

- Story. Journal or a note to yourself.
- Tissues.
- Water.

Plan your time (Minimum of ten minutes. Goal thirty-sixty minutes).

- Location: \_\_\_\_\_
  - Safe?
  - Secure?
  - Stable?
- Date and Time: \_\_\_\_\_

The Process:

1. Take a breath.
2. Close your eyes.
3. Open them and read your story.
4. Visualize it if possible.
5. Let the emotions come . . . your throat may constrict . . . your body may tense . . . tears may well . . . all, and more, are OK.
6. Reread your story.
7. Stay with it.
8. Find your phrase . . . suggestions include: Why? Why Me? What did I do? I don't deserve this?
9. Let the tears flow. Blow your nose.
10. End. Your body will tell you when it's done, it will shut down, it may take longer than you thought possible. Give yourself grace and space. Drink some water, blow your nose, close your eyes, and just breathe.