

<b>DANGER IN ME</b>		<b>SAFETY IN ME</b> Green text are examples only; replace with your own.
<u>Things you hear, see, smell, taste, touch</u>	10 9 8	<u>Things you hear, see, smell, taste, touch</u> ✓ Where is your happy place? ✓ What are the things that you like listening to (ocean, music) ✓
<u>Things you say</u>	7 6 5	<u>Things you say</u> ✓ I will get back to do my normal job. ✓ I can beat this ✓ I like a challenge ✓ My pain is real ✓ I will try ✓
<u>Things you do</u>	4 3 2 1	<u>Things you do</u> ✓ What is something you did for somebody else?? ✓ Made bed ✓ Made breakfast ✓ Went out to – ✓
<u>Places you go</u>	0	<u>Places you go</u> ✓ Where is your happy and safe place?? It can be real or imaginary?? Somewhere to retreat to?? ✓
<u>Things you think and believe</u>	N O P A I N Z O N E	<u>Things you think and believe</u> ✓ Need to keep moving arm/neck/shoulder/elbow ✓ Need to keep moving leg/knee/ankle ✓ Need to keep moving ankle/foot/toes ✓ The cells in my body keep changing ✓ My brain keeps changing ✓ I can learn new things ✓ Brain keeps thinking about right/left side, it hasn't given up. ✓
<u>Things happening in your body</u>		<u>Things happening in your body</u> ✓ ? Good movement of neck/shoulder/elbow ✓ ? Good movement of leg/knee/ankle ✓ ? Good movement of ankle/foot/toes ✓ ? Deep breathing helps to calm body ✓ ? Meditation helps body handle pain ✓ ? good sleep ✓
<u>People in your life</u>		<u>People in your life</u> ✓ ? work people ✓ Family ✓ Friends ✓

