



soothe

Reviewing the Story

THE last step of the Soothe Protocol

A gentle reflection tool for after an RSD episode. Only use this when your body feels calm and safe enough. You can do it on your own, or with someone who supports you and reflects back care—not correction.

This tool isn't here to doubt your thoughts or feelings. It's here to help you understand your emotional reaction—so you can process it fully and decide what kind of care or support you need next.

You can use it for something that just happened or for something from the past that's still sitting in your body.

Step 1: What Happened?

Try writing it in simple, honest words. You don't have to be "neutral," and you definitely don't need to be hard on yourself.

- What did I do, say, or notice?

- What did they do, say, or not do?

- What was going on around me at the time? (setting, situation, context)



Step 2: What Did My Brain Tell Me?

Your nervous system works fast. This section helps you gently name the story your brain told you to keep you safe. This story isn't wrong—it's just part of the survival pattern.

- What did I assume this meant about me?

- What did I worry would happen next?

- What did I feel in my body right away? (Examples: heat, freezing, blanking out, nausea)

Step 3: What Else Might Be True?

This part is only possible when you feel safe enough. You're not replacing your truth—you're just adding more options. That's how healing starts.

- Is there another possible way to understand what happened?

- What do I wish I could believe about myself in this moment?

- What would I say to someone I care about if *they* were in this situation?

Step 4: What Do I Need Now?

You don't have to solve everything. You just get to choose what would help you feel a little more steady or supported.

- What's one thing my body needs right now? (Rest, movement, water, a reset tool, comfort?)

- Is there someone I want to connect with?

- What kind of care feels good or possible right now?
