

# Distraction Tools Menu

Choose this when you're stuck in intense pain and can't calm down, think clearly, or reconnect with your body. Distraction isn't avoidance—it's a nervous system support strategy. These tools help pause the spiral until your body feels safe enough to reflect, reset, or rest.

## Object-Focused

- Look for all green or square objects in the room
- Name 3 things you can see in a specific color
- Notice textures around you (fabric, surfaces, temperature)

## Mind-Based

- Count up and down (1, 2, 3... then 3, 2, 1...)
- Say the alphabet backward
- Spell words out loud
- Repeat a quote, lyric, or affirmation

## Sound-Based

- Sing or hum a familiar song
- Repeat lyrics in your head
- Tap rhythmically with your fingers
- Listen to music or soothing sounds

## Game-Like

- Name categories (e.g., 5 fruits, 5 animals, 5 green things)
- Play a memory, matching, or puzzle game
- Say rhyming words or alliterations

## Future-Oriented

- Think of something you're looking forward to
- Picture yourself in a safe future moment
- Imagine how it will feel when this spiral has passed

## Optional Prompts (Add Your Own):

- One distraction that usually helps me: \_\_\_\_\_
- A go-to sound, texture, or visual: \_\_\_\_\_
- Something playful I can try next time: \_\_\_\_\_