

RSD Interventions List

1. Inhale gently and say aloud, 'This makes sense.'
2. Say to yourself: 'This will pass.' 'I'm allowed to feel this.'
3. Remind yourself, 'Nothing has to be fixed right now.'
4. Use the 5-4-3-2-1 sensory method to ground in the present moment.
5. Place your hand over your heart and say, 'I'm here. I'm okay enough.'
6. Lean against a wall or press your palms into it.
7. Say aloud, 'This is an RSD wave. It will pass.'
8. Count by 3s, name music genres, or recite lyrics to activate thinking brain.
9. Recall a safe, calming memory in vivid sensory detail.
10. Use 4-7-8 breathing: inhale 4, hold 7, exhale 8.
11. Pause and ground before problem-solving.
12. Use affirming self-talk like 'This makes sense' or 'I'm allowed to have this reaction.'
13. Shift your space-move rooms, go outside, or find a different spot.
14. Call or text someone safe, even with a simple 'hey, I'm in it.'
15. Journal or brain-dump your thoughts without editing.
16. Use sensory support (e.g., blanket, music, soft object).
17. Return to a safe memory to anchor your body in calm.
18. Practice saying, 'Sometimes I react really strongly when I feel dismissed or criticized.'
19. Share: 'It helps when feedback comes with softness.'
20. Say: 'Validate my feelings first, even if they don't make sense to you.'
21. Use: 'You don't have to fix me-just being with me is enough.'
22. Tell yourself: 'This was hard, and I responded the best I could.'
23. Reframe shame stories with truths like: 'I was told to be less-not that I am less.'
24. Be alone in a safe space when needed.
25. Let yourself cry it out.

26. Say something kind to yourself.

27. Name the truth: 'This hurts-and I matter.'

28. Get comfortable and recall a time you felt safe, cared for, or grounded.

29. Fill in sensory details and say, 'This moment was real. It still lives in me.'