



Remote Control

Imagine you have a remote control. Your remote control is unique to you.

Your remote control has any number of buttons and functions to calm any & all overwhelming feelings, sensations, urges, impulses, thoughts or memories.

With your remote control, you can:

- Change images, including pausing, stopping, slowing down, rewinding, fast-forwarding, skipping, jumping to another picture, changing channels, etc.
- Turn down or turn off the volume, even change the sound entirely to preferred music, to nature sounds or other pleasant sounds.
- Change shape: shrink things down, add features, change color, remove color, make cloudy or hard to see, make cartoon-like, etc.
- Change the taste, smell, or other senses.
- Take away 10, 20, 30, 50% or more of the emotion.
- Change movements: fly, swim, glide away, or defend yourself (with, for example, a shield).

Option: Combine your remote control with your [container](#) as helpful.

Suggested: 1-minute "little and often" practice

- Set an alarm to go off once a day to remind you to practice. When your alarm goes off, set a timer for 1-minute.

- Think of something 4/10 on the Subjective Units of Disturbance (SUD) scale, something annoying or moderately triggering but not overwhelming from recent memory.
- Note the SUD # from 0-10.
- Practice remote control.
- Afterwards, notice any shift in how you feel.
- Apply as helpful when triggered and notice any shift after.