

Interactive audio walkthrough worksheet "I never really turn it off".

Spot Where You Stay On

Let's start with awareness. Can you think of a moment, maybe recently, where you were technically off duty, but still felt *on*?"

"Maybe you were at home but still scanning. Maybe someone asked you how you were doing and you deflected. Maybe you couldn't sleep, but you didn't feel in danger either.

Journal Prompts: *"A time when I couldn't fully turn it off was _____."*

"What I noticed in my body or mind was _____."

Understanding and Breaking the Always-On Pattern

Ask: What Am I Protecting?

"Take a minute and get curious. What are you staying on guard for?"

"Is it a fear of being caught off-guard again? Is it an old memory that taught you staying alert is safer than letting go?"

"Is it part of your identity now, being the calm one, the prepared one, the one who never breaks?"

"I think I stay on because _____."

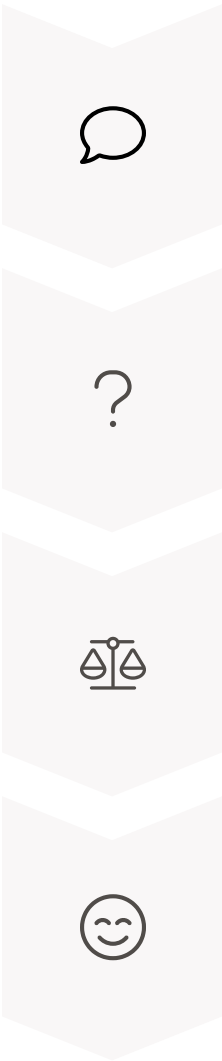
"If I let go, I worry _____ might happen."

Name the Cost

"Now ask: What does it cost me to stay in this always-on state?"

"Think about your relationships. Your sleep. Your ability to just enjoy a quiet moment."

"What I lose when I never power down is _____."



Recognize the Pattern

Notice when you're staying "on" even in safe spaces

Understand the Protection

Identify what you're guarding against

Acknowledge the Cost

Recognize what you sacrifice by staying vigilant

Create Power-Down Rituals

Implement small cues to signal safety

Try a Power-Down Cue

"Here's where we try something small."

"You don't have to turn everything off at once. Just try one cue that says to your body: *We're home now. We're safe. It's okay to let go for a minute.*"

Choose one of these—or come up with your own:

- Change clothes the moment you get home
- Take three deep breaths and exhale longer than you inhale
- Place your hand over your heart and say, "I'm here now. This is mine."
- Step outside and feel the air on your face for 60 seconds
- Turn off your phone for 10 minutes and just *be*

"One thing I'll try to help me power down is _____."