

## IDENTIFY YOUR GLIMMERS...

*Deb suggests making an inventory of your anchors into the ventral vagal system (you could use the prompts below to help you do this). Then challenge yourself to find a certain number of glimmers each day. As you add to your list, you might find there's a theme – perhaps you find nature particularly soothing or feel most at peace in the company of certain people. It might be types of activities or sounds that bring you out of survival mode. The more you tune in, notice, name, and bring these experiences to conscious awareness, the better you'll become at shifting from a surviving state to a thriving one.*

- Who makes you feel safe and calm? Make a list of the people in whose company you feel most at ease. You can include pets, lost loved ones – memories can often be comforting – anyone who lifts your spirit.

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- What activities bring you to a place of bliss? Become aware of the micro-movements that feel good – stretching out in bed, stepping into a warm shower, or feeling grass under your bare feet.

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- Where do you experience a sense of awe, magic, or peace? People often find affinity with natural landscapes, such as the ocean, a forest, lake, mountain, or garden. There might be places in your home where you feel a sense of peace and connection. Try to identify what it is about them that calms you. Is it the way they look, feel, smell, or sound?

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- When have you felt pure joy? What times in your life have felt most safe? Close your eyes and explore the qualities of these instances of regulation from the past.

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- Which situations, feelings, people, and sounds trigger your survival response?

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- Which glimmers are most powerful for bringing you out of survival mode?

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