

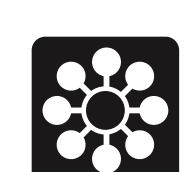
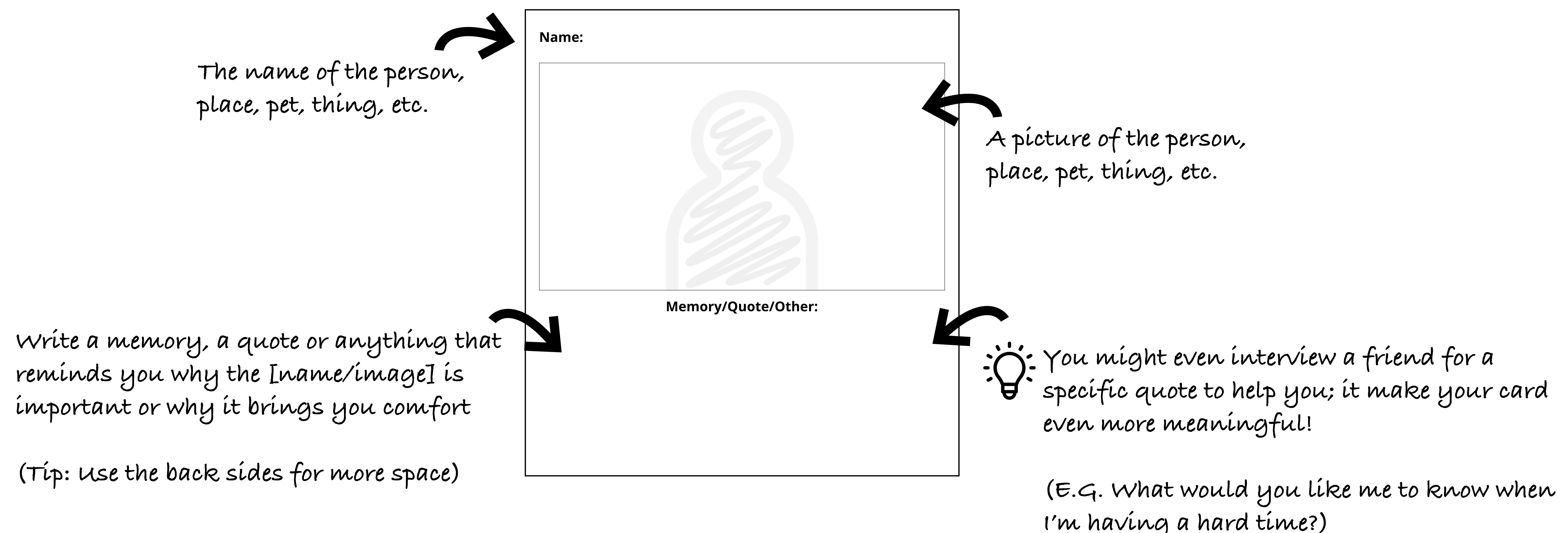
🌸 Cards of Remembering ✏️

Dissociative disorders can sometimes cause amnesia or other unsettling issues like derealization/depersonalization. And if you have CPTSD, you can also suffer from flashbacks that lead you to feeling like you are smaller or younger than you are and that you are not safe. There are a lot of tools and tricks you can use to help reorient yourself such as looking or walking around your home/environment and reminding yourself that you are in the *present* and *safe*. You can also pick an object to remind yourself of that safety and keep it with you to hold/feel when you're feeling anxious (talk to your therapist for more ideas!) To build on those examples we thought we'd add another tool to your magical bag of tricks . These "Cards of Remembering" may help you orient yourself to the "now" and hopefully help with remembering the safe, supportive, and comforting people, places, pets, and things in your life.

Here are some things some potential advantages for using the cards:

- Help re-orient yourself to the present with an individualized tool that *you* created
- The activity of making the cards is a nice exercise in identifying the safe people, places, pets, or things in your life
- The cards are easily accessible, so you can take them with you or print multiple copies and store in convenient places
- Adding another tool to your toolbox is advantageous because not all techniques help in every situation

Anatomy of the Card

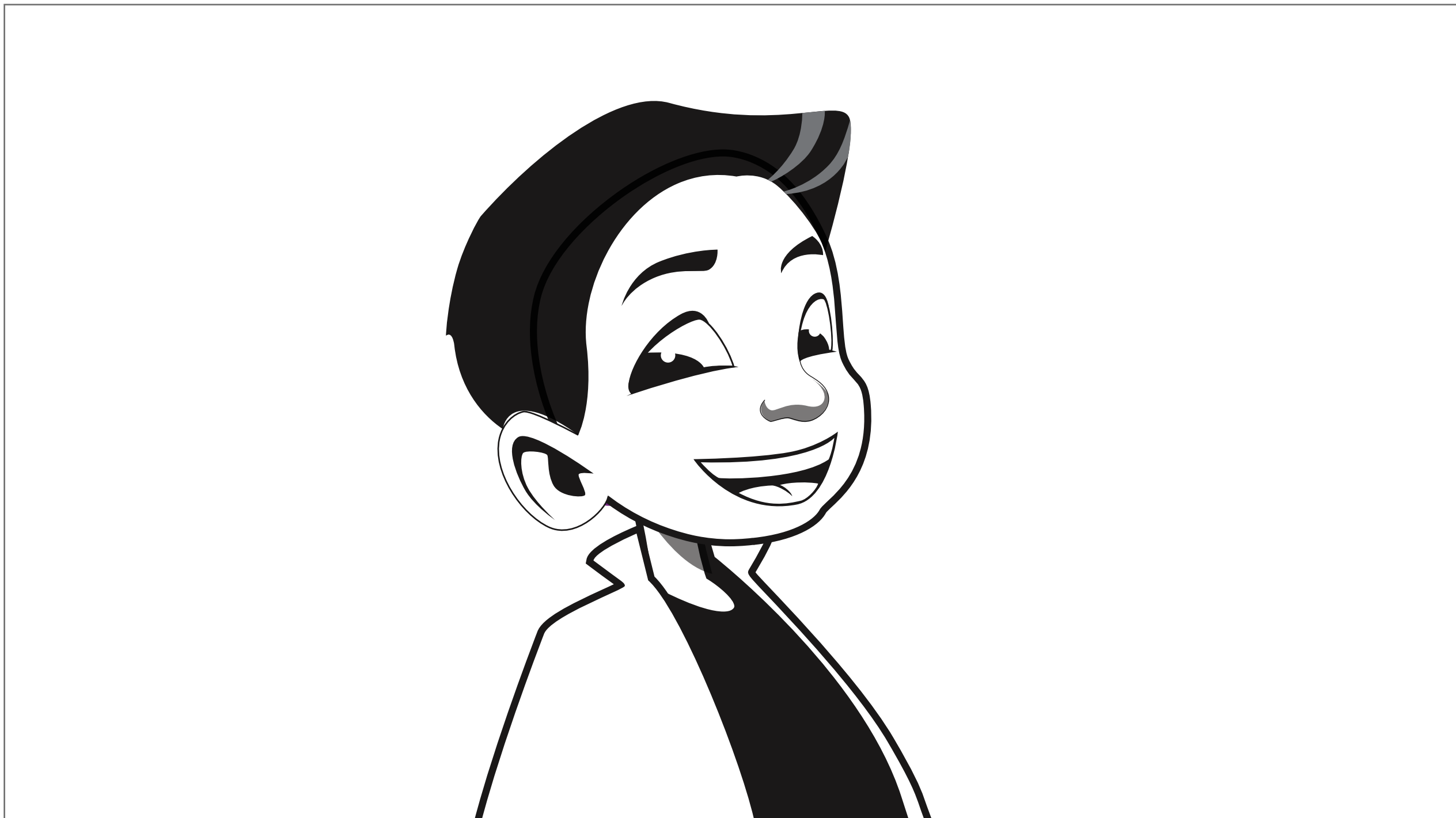


🌸 Cards of Remembering ✎

Here are some examples of how you might fill in a card. Feel free to use these as flexibly as you would like. If you want to cross out labels and replace them, go for it! You can also use the back sides of the cards to add more detail. If you have access to a laminator, you can make your cards more durable by using that or printing them on heavier cardstock.

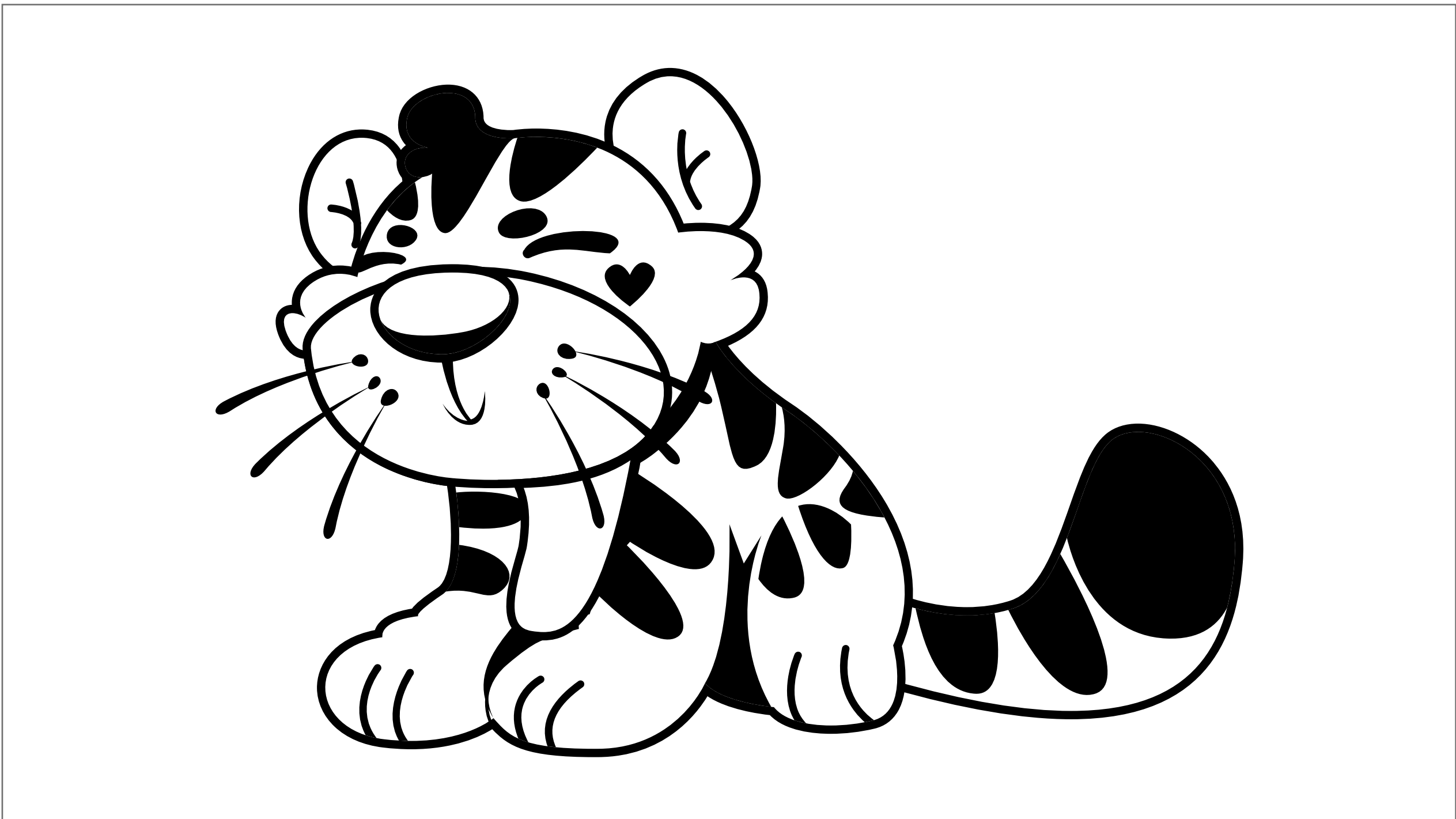
Examples

Name: Manny



Memory/Quote/Other:
This is my best friend Manny. We have been friends since we were really little and we still share everything with each other. They went through a hard time in their family too. We made a pact to always be there for each other - even when it gets really hard. I know I can count on them even when I'm really sad. Text them. They would want you to.

Name: Stripes



Memory/Quote/Other:
My brother gave me Stripes when I was 5. I was sick and in the hospital and he picked it out and gave it to me. My brother mattered. He existed and he loved me. Stripes is proof. Remember Stripes, hold him close and remember your brother's love! It's still here. <3

Name:

Memory/Quote/Other:

Name:

Memory/Quote/Other:

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