

Energy Protection Grounding Worksheet

A gentle way to use this resource

Begin anywhere. Read one section at a time, choose only what fits, and skip, adapt, pause, or stop as needed. Try one practice before adding another. Reflection is an invitation, not a requirement.

Created by Michelle D. Elder, MSW, LMHC | My Reflective Collective

Educational wellness material. Not therapy, diagnosis, medical advice, crisis care, or a substitute for individualized professional support.



Before you begin

Take a moment to notice where you are starting. There is no correct answer and no requirement to complete every prompt.

What is most present?	What would feel supportive?
[ ] Tension or restlessness [ ] Heavy emotion [ ] Numbness or shutdown [ ] Racing thoughts [ ] Low energy [ ] Something else: _____	[ ] More steadiness [ ] More clarity [ ] Comfort or rest [ ] A practical next step [ ] Connection or support [ ] Something else: _____

A simple rhythm

1. Notice	Name what is happening without judging it.
2. Choose	Select one prompt or practice that fits your energy and circumstances.
3. Try	Use it gently for a clear amount of time. Smaller still counts.
4. Check	Notice whether you feel even slightly steadier, clearer, safer, or less alone.

Low-energy option

Read only the headings. Circle or note one sentence that feels useful. Then choose one action that takes five minutes or less. You can return later; stopping is allowed.

A trauma-informed educational wellness worksheet for reflection, choice, self-care, and support.

Use this at your own pace. Skip, adapt, pause, or stop. You are allowed to choose what fits your body, culture, privacy, energy, safety, access needs, and real-life limits today.

A printable reflection and practice resource Created by Michelle D. Elder, MSW, LMHC. This worksheet is a free educational wellness resource from My Reflective Collective.

Use what supports you. Skip, pause, adapt, or connect with a licensed therapist, healthcare provider, advocate, or trusted support if reflection brings something up.

Important information before you begin

Energy Protection & Nervous System Regulation Worksheet

Choose what is appropriate for you

_____
_____ Participation is voluntary. You may skip a prompt, keep your eyes open, change an exercise, pause, or stop. Some material may bring up discomfort, strong emotions, memories, dizziness, or physical sensations. The resource may use clinical or wellness terms to explain general concepts; those terms are not a personalized assessment or recommendation.

No promised outcome

No particular physical, emotional, legal, relationship, or other result is promised. Information can become outdated, and experiences differ. Consult an appropriately qualified professional about your individual needs, medications, health conditions, safety, legal matter, or treatment decisions.

Emergency and crisis needs call or text 988 for suicide or crisis support. Call 911 for an immediate emergency when that is safe and appropriate. Outside the United States, use your local emergency or crisis resources.

By continuing, you acknowledge that you have read this page and understand the resource's educational scope.

Last reviewed

for web publication: June 27, 2026.

immediate danger or medical emergency. Call or text 988 in the U.S. or Canada for suicide or mental health

crisis support. Copyright Michelle

Energy Protection & Nervous System

Regulation

Worksheet

Preparing for a Difficult Family Event

⁄First: Why This Feels So Intense (Neuroscience

Explanation)

If you are feeling anxious, tense, or having intrusive memories before this event, your brain is not overreacting - it is remembering .

When someone has experienced emotional harm, rejection, manipulation, or trauma from a _____ _____ person before, the brain stores those experiences in emotional memory networks.

The part of the brain that detects threat (the amygdala) does not always

distinguish between:

l A real current threat l A memory of a past threat So when you think about the upcoming event, your nervous system may activate as if it is happening now.

This can cause:

l Racing thoughts

l Intrusive memories

l Tight chest or stomach

l Irritability

l Catastrophic thinking

l Urge to avoid This is a survival system trying to protect you.

The goal is not to force yourself to "just calm down."

The

goal is to help your nervous system feel safe enough to choose how to respond.

- Part 1: Regulating Anxiety Before the

Event

- Thought Reframe Practice

Write down the intrusive thought:

Example: "They're going to embarrass me again."

Now answer:

1. Is this a memory or a guaranteed future event?

2. What evidence do I have that I can handle difficult moments?

3. What has changed about me since the last negative experience?

New balanced thought:

- Daily 5-Minute Nervous System Reset (Practice 1-2 Weeks Before)

Slow breathing:

l Inhale 4

l Hold 2

l Exhale 6-8

Repeat

8-10 times.

Long exhalation tells the body: "I am not in immediate danger."

- Grounding Phrase Practice

Create a phrase you will use when anxiety rises:

Examples:

l "This is a memory, not a current threat." l "I am safe right now." l "I have choices." l "I can leave if I need to."

Write yours:

Practice saying it calmly each day.

- Part 2: Energy Protection Plan

- Define Your Boundaries Before You Go

What topics are off-limits? _____ _____ What behaviors will you not tolerate? _____ _____ What will you do if a boundary is crossed? _____ _____

Examples:

l Walk away

l Change subject

l Short neutral response

l Leave early

Your exit plan:

Knowing you have an exit reduces anxiety significantly.

- Part 3: Intrusive Thought Calming Tool

When a bad memory pops up:

1. Say: "That was then."

2. Look around and name 5 current objects.

3. Take 3 slow breaths.

4. Remind yourself: "I am not trapped."

This helps shift from memory network fi present awareness.

- Part 4: Neutral Response Scripts

Practice ahead of time:

l "I'm not discussing that." l "That's not something I want to get into." l "Let's change the subject."

l Smile + short answer + disengage Rehearsal lowers anxiety.

- Part 5: During the Event - 60-Second

Reset

If overwhelmed:

1. Go to bathroom or outside.

2. Put feet flat on floor.

3. Take 5 slow breaths.

4. Press hands together firmly for 10 seconds.

5. Say: "I am in control of how long I stay."

- Part 6: Confidence Rebuild

Write 3 strengths you bring into this event:

1. 2. 3.

Write 3 ways you have grown since the last negative experience:

1. 2. 3.

You are not the same version of yourself.

- Part 7: Aftercare Plan

After the event, I will:

- Journal

- Take

a bath/shower

- Go

for a walk

- Call

a safe person

- Rest

- Limit

rumination

- Do

something comforting

Post-event reflection:

What went better than expected?

_____
_____ What boundary did I maintain? _____
_____ What am I proud of?
_____
_____

- Final Reminder

Anxiety before difficult family contact does not mean you are weak.

It means your nervous system remembers.

Your job is not to control them.

Your job is to protect your peace and stay regulated.

You are allowed to:

l Leave

l Be neutral

l Say no

l Not engage

l Protect your energy danger or medical emergency. Call or text 988 in the U.S. or Canada for suicide or mental health crisis

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Printable links below. The worksheet wording itself is unchanged.

Scan the QR code or use the first link to open this worksheet online.

The online reader can support read-aloud tools and browser translation.

Read/listen to this worksheet online https://myreflectivecollective.com/worksheet-reader.html?file=energy-protection-grounding-worksheet.pdf Positive affirmations and short mantras

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Educational wellness notice

This worksheet and website offer educational wellness and self-reflection tools only.

They are not therapy, diagnosis, medical care, legal advice, crisis care, or individualized safety planning.

Pause or stop any activity that feels wrong, unsafe, inaccessible, or too much.

For immediate danger or a medical emergency, call 911. In the U.S., call or text 988 for crisis support.

SAFETY, PRIVACY & EDUCATIONAL USE

MY REFLECTIVE COLLECTIVE - MICHELLE D. ELDER, MSW, LMHC

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If someone may monitor your device, accounts, internet connection, location, downloads, or browser activity, consider using a safer device and a trusted network. Private browsing may reduce locally saved history but does not make activity invisible. Clearing history can also be noticed. A website Quick Exit button changes the page; it cannot erase browser, download, router, account, employer, school, carrier, or device records. Choose only steps that feel safer in your situation.

Do not store identifying or safety-sensitive answers where another person may find them.

Educational scope and professional limits This resource provides general psychoeducation, reflection, and wellness support. It is not therapy, counseling, diagnosis, assessment, treatment, medical advice, legal advice, crisis response, forensic evaluation, or an individualized safety plan.

It does not replace care from a licensed clinician, healthcare professional, attorney, trained advocate, emergency service, or other qualified professional. Laws, court procedures, services, and risks vary by location and circumstance.

Choice, pacing, and inclusion You may skip, change, discuss, dictate, draw, pause, or stop any activity. No exercise can determine what you experienced, diagnose a condition, prove a legal claim, guarantee safety, or tell you whether to stay, leave, report, reconcile, forgive, or pursue court action. Adapt language and activities for culture, identity, disability, neurotype, age, literacy, sensory needs, and personal preference. Automatic translation can make mistakes; confirm legal, medical, emergency, and safety-critical wording with a qualified person.

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MyReflectiveCollective.com - Pause - Reflect - Learn - Practice

EDUCATIONAL RESOURCE - NOT THERAPY OR INDIVIDUALIZED CARE

Supportive practices and reminders

Trauma-informed choice

You are in charge of pace, privacy, and participation. Keep your eyes open if that feels safer. Change the words, position, movement, or environment. Skip any prompt that increases distress. You never have to describe a traumatic experience to benefit from grounding or reflection.

A one-minute mindfulness pause

Notice one point of support beneath you. Look around and name three neutral things you see. Notice one sound and one body sensation without trying to change either. Ask, 'What would support me in the next few minutes?' Choose the smallest workable response.

Believable affirmations

Choose language your mind can accept. Try: 'I can take one step at a time.' 'My needs and boundaries matter.' 'I am allowed to pause.' 'I can ask for support.' 'This moment is difficult, and it will not always feel exactly like this.' Edit any statement until it feels honest and respectful.

Practical tips

Pair reflection with water, food, movement, rest, medication as prescribed, or contact with a safe person when needed. Save the most helpful page where it is easy to find. Revisit the resource when you are relatively steady so the choices feel familiar during harder moments.

When more support is appropriate

A worksheet cannot provide emergency care, diagnosis, or individualized treatment. Consider a qualified health or mental-health professional when distress is intense, persistent, worsening, affecting daily functioning, or connected with safety concerns. In immediate danger, contact local emergency services or a crisis service available in your country.

Integrate and choose your next step

Pause after reading. More information is not always more helpful; the goal is to leave with one choice you can actually use.

What stood out?

_____

_____

What is one kind, realistic next step?

_____

_____

What support, boundary, or adaptation would help?

_____

_____

If this did not help

You did not fail. Try making the step smaller, changing from a thinking practice to a body or sensory practice, checking basic needs, or involving a safe person. Strong, persistent, or worsening distress may need professional or crisis support beyond a worksheet.