

Personal Return Cues

*Define what helps you *come back*, not start over.*

When this might help:

- You want to define your way back before you need it
- Just after a return, to capture what worked

The practice:

- A word
- A gesture
- A texture or breath
- A reminder: "I don't have to fix. I just have to stay."

Gentle fallback: One cue is enough. Even a single word.