

Safety Signal Tracking

Build safety through repeatable cues, not emotional control.

When this might help:

- A steadier day or week has happened and you'd like to repeat it
- You're building cues rather than chasing feelings

The practice:

- "What helped me breathe easier this week?"
- "What routine made me feel steadier?"
- "What's one moment I want to repeat tomorrow?"

Gentle fallback: One answer: "What helped me breathe easier this week?"