



FREE PRACTICAL TOOL

When You Feel Numb

A gentle companion for moments when you feel disconnected, blank, or unable to name what you need.

Start here

- 1 Begin with basics: water, food, warmth, medication as prescribed, or rest.
- 2 Use simple noticing: "Right now, I feel ____ in my body." No perfect answer is needed.
- 3 Choose one grounding object, song, scent, or familiar place.
- 4 Let one trusted person know you are having a hard day, even if you do not want to explain it all.

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