



Compassionate Heart:

EMDR Phase 2 Stabilization Series

A gentle four-part worksheet for
present-moment safety and emotional regulation

Compassionate Heart: EMDR Phase 2 Stabilization Series

This four-part worksheet series supports early EMDR Phase 2 stabilization through gentle, permission-based awareness and internal resources to support emotional regulation.

You are invited to move at a pace that feels manageable. You may pause, look around, or stop whenever you need.

Part 1: Orientation to Present Safety

Before tuning inward, it can be helpful to orient your nervous system to the present moment and establish a sense of external safety.

Gentle invitation: Notice what is around you without needing to change anything. You may pause at any time.

Notice your surroundings

Sight — List 3 things you can see in the room around you.

Sound — Name 2 sounds you can hear right now.

Touch — Identify 1 physical sensation of support, such as your feet on the floor or the chair against your back.

Use at your own pace. Pause whenever you need.

Part 2: Gentle Interoception (Body Awareness)

Notice your internal sensations with curiosity, without forcing anything to change.

Window of Tolerance Check

There is no right or wrong response. Simply notice what feels closest right now.

- ☐ Hyperaroused (anxious, racing, overwhelmed)
- ☐ In my Window (calm, present, engaged)
- ☐ Hypoaroused (numb, disconnected, shut down)

Note: If you are outside your window of tolerance, pause this exercise and return to Part 1 to ground yourself.

Body Scan

Body Area	Current Sensation (e.g., tight, warm, neutral, fluttery)
Head & Neck	
Chest & Breathing	
Stomach & Core	
Arms & Hands	
Legs & Feet	

Use at your own pace. Pause whenever you need.

Part 3: The Safe/Calm Place

Establish a mental resource for regulation and grounding when things feel overwhelming.

Permission to choose: Your safe or calm place can be real, imagined, simple, or familiar. Choose whatever feels supportive enough for now.

Visuals — What does your safe or calm place look like?

Sounds — What calming sounds do you hear there?

Sensations — What is the temperature? What do you physically feel?

Body Check — As you imagine this place, where do you feel the calmest sensation in your body?

Use at your own pace. Pause whenever you need.

Part 4: The Container

A tool for temporarily storing overwhelming thoughts, feelings, or memories until you are ready to process them.

Use gently: Imagine placing something aside for now—not denying it or making it disappear, but giving yourself room to remain present.

Design — Imagine a strong container. What is it made of? (e.g., a steel vault, a wooden box, a glass jar)

Security — How does it close securely? (e.g., a heavy lock, a zipper, a latch)

Application — What do you need to place in the container for now so you can remain present?

Use at your own pace. Pause whenever you need.