

# Dip Cheat Sheet



## 1- Stop

Slow down. Close your eyes. Take a breath.

Dips are **not** the time for **fixing things** or **making big decisions**.

Your nervous system **needs a small break**.

You are going to be **okay**.



## 2- Soothe the mind

You can **be with whatever emotions are here**, just for a moment.  
They're allowed to be here.



### 💬 Talk to the fear

- *I am safe.*
- *This is temporary.*
- *The symptoms are not dangerous.*
- *Whatever happens, I will handle it.*

### 💬 Talk to the guilt

- *None of this is my fault.*
- *I have not done anything wrong.*
- *This is incredibly difficult.*
- *I didn't do "too much". I did a bit more, and that's okay.*

### 💬 Talk to the frustration and despair

- *It's okay to feel this way.*
- *Letting go is the only way out of this.*
- *A dip does not erase my progress.*
- *This will pass and I will come out of it stronger.*

## 3- Soothe the body

### Reduce the load

- **Cancel or postpone** anything non-essential
- **Ask for help** with anything that feels like too much
- **Use coping tools:**
  - quick, easy meals or protein bars
  - reduce sensory input (eye mask, earplugs, etc.)
  - take quiet time with less stimulation



### Regulate

Focus on **soothing activities** that feel **familiar and safe**. A few ideas:

- **Breathe** slowly, smile, and feel the air at the tip of your nose
- **Rock or hug** yourself softly
- **Soothing touch:** One hand on your chest, one on your belly
- If you still have a bit of capacity, **distraction** can help: soft music, your favorite comedy movie, a phone call with someone you love...

### Find comfort

- Pillows, soft blankets, comforting objects like plush toys
- Extra-comfy clothes
- Comfort food (if that does not increase your symptoms too much)

## 4- A final reminder

You don't need to fix anything right now.

Pick one tiny action to make yourself feel **1% more comfortable and safe.**

And just be with what's here. Trust that you'll be okay.

**This, too, shall pass.**

---



All rights reserved – [www.hello-self.fr](http://www.hello-self.fr)