

# DPDR SOS Kit

Grounding Tools for When You  
Don't Feel Real



Created By Aurelie Studio

# How to Use the DPDR SOS Kit

This kit is designed for moments when you feel unreal, disconnected, or distant from yourself.

You don't need to do every page. You don't need to do it "right."

Here's how to use it gently:

🍋 In the moment    Open the "Am I Safe?" check-in or grounding tool page

🌸 After the fog    Use the reflection prompts or breath guide

🌿 Build a ritual    Keep your Mini Anchor Card somewhere visible

Print it out and keep it near, or use digitally in GoodNotes or Notability.

You're not broken. This is just your body asking for safety.

You're allowed to come back slowly.



With Love, Aurelie Studio

# Am I Safe? – A DPDR Reality Check-In



When everything feels unreal, ask yourself the questions below — slowly, honestly.

## 1. Is anything actually threatening me right now?

☐ Yes

☐ No

(If yes    pause, name what it is. If no    you're allowed to feel safe.)

## 2. Where am I? Describe the room or place I'm in.

(What do I see? What do I hear?)

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## 3. Can I touch something solid?

(Describe how it feels: soft, cold, rough, warm...)

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## 4. Is my body breathing right now?

(Put your hand on your chest or belly — feel it move.)

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## 5. Can I name 3 things that are real around me?

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# Emergency Grounding Tools – For When You Feel Unreal

Pick 1–3 tools. No need to overthink. These are here to help your body remember now.

## Physical Grounding

- ☐ Touch something cold (ice cube, metal, water)
- ☐ Press your feet firmly into the floor
- ☐ Rub your hands together — feel the warmth
- ☐ Sit against a wall or solid object

## Sensory Reset

- ☐ Smell an essential oil or spice (e.g., lavender, cinnamon)
- ☐ Listen to one familiar song — and really hear it
- ☐ Name 5 things you see around you out loud
- ☐ Put your hand on your chest and say, “I’m here.”

## Mental Reconnection

- ☐ Say your name, age, and what day it is
- ☐ Look around and name colors you see
- ☐ Count backwards from 10 slowly
- ☐ Touch something soft and describe its texture





# "I Don't Feel Like Me" Thought Tracker



## 1. What triggered this wave (if anything)?

Was it a place, sound, memory, thought, or nothing obvious?

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## 2. What am I noticing in my body right now?

Any tension, numbness, heaviness, floaty feeling?

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## 3. What's the scariest thought in my head right now?

Write it honestly. No censoring.

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## 4. If I could respond to that thought like a friend would, what would I say?

Offer compassion or grounding — not fixing.

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## 5. Three things I know are true about me right now:

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# Come Back to the Body – Breath & Sensory Reconnection

## 1. 3-Part Grounding Breath

🌸 Inhale for 4 counts    Hold for 2    Exhale for 6

🌸 Do this 3x, slow and steady.

🌸 With each exhale, silently say: “I’m still here.”

## 2. Sensory Anchor Check

Touch something nearby.

What’s its temperature?

What’s its texture?

Does it remind you of something familiar?

*Space to write:*

**Object:** \_\_\_\_\_

**Feels like:** \_\_\_\_\_

**Emotion it gives me:** \_\_\_\_\_



# Gentle Affirmations for When I Feel Unreal

Say these softly, read them silently, or just circle the ones that feel true enough for today.

No forcing. No faking. Just gentle reminders.

## Affirmations List (choose 8–10)

☐

“I am allowed to come back slowly.”

☐

“I exist. Even when I feel far away.”

☐

“I don’t need to feel everything to be healing.”

☐

“I don’t need to explain this to be valid.”

☐

“My body remembers even when my mind forgets.”

☐

“The realness will return. I’ve felt it before.”

☐

“I am not broken — I’m protecting myself.”

☐

“My breath is proof that I am still here.”

☐

“This moment is strange, but it will pass.”

☐

“Even this is proof I made it.”

## “When I close this page, I will...”

☐

Touch something soft

☐

Take one deep breath

☐

Speak one word out loud



# Mini Ritual Card – What I Do When I Feel Unreal

Fill in this card with small actions, words, or objects that help you feel even a little more real.

You can print it, cut it out, keep it by your bed, or screenshot it for your phone.

## **My Anchor Word:**

*A word that helps bring me back (e.g. “breathe”, “real”, “home”)*

## **My Sensory Cue:**

*Something I smell, touch, or hear that helps (e.g. lavender, soft blanket, music)*

## **My Gentle Ritual:**

*A simple action I can repeat (e.g. light a candle, say my name, press feet to floor)*

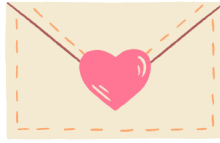
## **My Reminder to Self:**

*Write a sentence you’ll believe on the worst day. E.g., “I am still here.”*





# A Note to You



You made it to the last page. That alone is something to honor.

Whether you filled out every page or just opened this in the middle of a storm — I'm proud of you.

This kit isn't a fix. It's a hand on your back. A breath in the dark. A reminder that your body is still with you... and you're allowed to come back, gently.

Take your time. Reuse these pages. Trust your rhythm.

You are not gone. You are healing.



With softness,  
Aurelie Studio