FIND THE WORD YOU NEED TODAY

Trauma

You do not need to revisit what happened. Notice what you might need in the present.

N	R	S	G	A	G	J	B	G	E	D	S	Z	K	G	T	A	V
J	R	A	A	K	E	B	O	P	H	Q	B	T	L	U	G	L	R
I	T	F	W	C	M	E	U	G	P	U	T	T	E	D	Q	M	Z
N	N	E	I	K	S	U	N	W	E	Y	Y	Y	Y	C	R	E	H
B	E	O	C	U	D	G	D	N	S	W	W	J	I	Z	E	I	K
N	H	C	A	O	E	O	A	C	B	P	U	M	K	V	L	B	Z
C	I	P	S	Z	N	O	R	S	T	E	A	D	Y	D	E	N	N
R	H	O	I	E	N	N	I	X	M	T	C	C	S	X	A	R	R
G	N	B	X	X	N	J	E	B	S	Y	P	O	E	R	S	U	B
R	S	Z	C	W	H	O	S	C	D	T	E	R	N	S	E	K	F
O	U	U	I	V	R	E	U	M	T	A	G	Z	E	T	Q	U	R
U	P	Z	B	Y	P	R	R	G	A	T	T	H	N	S	R	V	M
N	P	B	R	E	A	T	H	E	H	I	R	O	Z	J	E	O	E
D	O	G	R	H	X	S	G	S	V	L	P	U	T	F	M	N	L
Z	R	O	E	K	A	B	X	K	O	O	Q	R	S	S	V	Q	T
I	T	S	Y	W	G	D	P	U	X	Z	I	O	E	T	N	N	O
N	F	Y	W	I	Q	N	O	T	I	C	E	C	X	S	I	M	C
S	D	Z	N	A	Y	G	E	N	T	L	E	C	E	R	T	X	A

Words hidden in the puzzle: SAFE · CHOICE · VOICE · GROUND · PRESENT · BOUNDARIES · CONTROL · SPACE · BREATHE · PAUSE · TRUST · GENTLE · SUPPORT · REST · NOTICE · HERE · RELEASE · STEADY · ENOUGH · CONNECT

There is nothing you have to explain here. Find one word, several words, or none at all. You remain in control of the exercise.

Space to Breathe Therapy

THE WORD THAT FOUND ME

After trauma, the mind and body can continue to respond to danger even when the present moment is different from the past. This exercise is not asking you to tell the story of what happened. It is an invitation to notice what might help you feel more supported, grounded or in control right now.

My word today is:

What does this word mean to me today?

Bringing the word into the present

If your word was **SAFE**, look around and notice something in your current environment that helps orient you to where you are now. If it was **CHOICE**, identify one small decision that belongs to you today. If it was **BOUNDARIES**, consider whether you need to say no, pause, leave, ask for space or delay a conversation. If it was **VOICE**, think about what you want to be heard without forcing yourself to say it before you are ready.

One thing that would help me feel more grounded or supported now:

A MESSAGE FROM MAGGIE

Trauma can affect much more than memory. It can change the way the body responds to sound, touch, closeness, conflict, uncertainty, particular places, words, smells or situations. Sometimes the reaction arrives before you have had time to understand why. That does not mean this page needs to become an investigation into the past.

I want this exercise to give you something different: a way to notice what you need without requiring you to disclose, relive or justify what happened. You decide how much you engage with it. You can stop at any point. You can leave questions unanswered. Choice is part of the exercise.

If **GROUND** finds you, bring your attention to something concrete around you: the chair supporting you, your feet against the floor, the temperature of the room or an object you can see. If **SPACE** stands out, consider whether your nervous system needs less input. If **SUPPORT** appears, think about who helps you feel listened to without taking control away from you.

If **CONTROL** catches your eye, I would invite you to think about control gently. Recovery does not have to mean controlling every feeling or reaction. It can also mean having more say over what happens next: whether you continue, whether you pause, who you speak to, what boundaries you set and what support you accept.

You are allowed to use this page differently each time. There is no correct emotional response and no requirement to turn difficult experiences into something positive. The aim is simply to create a little more room for safety, agency and understanding in the present.

Maggie
Space to Breathe Therapy

A present-moment check-in

Right now I can see: _____

Right now I can feel physically: _____

One choice that belongs to me: _____

Something that may help me feel safer or steadier: _____