

Brief Grounding script for use with Resilience Buddies:

Both buddies face each other and direct all of their attention to the support of the floor under their feet. As they maintain attention on that support each person uses Sensory Tracking to notice what is happening inside the body at the sensory level.

- For example, does breathing deepen, stay about the same, become shallower?
- What about muscle tension? Is there less? More? Is it about the same?
- Where does each person notice any places of calm or at least that are neutral?

Each person describes what they notice with each other.
Thank each other in whatever way seems right.

Brief Resourcing Script for use with Resilience Buddies:

Resourcing is an SRM skill used to increase parasympathetic/calming sensations and to help bring balance to the nervous system. A resource is anything past or present that when brought to mind brings a sense of joy, gratitude, or security. It can be a place (home, in nature, etc.), a person, an activity, one's faith...

- Each buddy asks the other to bring a resource to mind and say what it is.
- The supporting buddy then asks a few questions that strengthen the multisensory qualities of the resource.
 - For example:
 - Are there good smells associated with the resource?
 - Is there a favorite place you like to experience the resource?
 - What makes that person a resource for you?
 - Are there sounds you like that are associated with the resource?
- Thank each other in whatever way feels right

The goal of these resource strengthening questions is to keep the person's attention on the resource long enough to override a focus on the activating event or simply to provide additional parasympathetic calming.