Nightmare Protocol

Repeat this to yourself before bed to help prevent bad dreams. Also if you wake up with a night mare- use this to help to calm and relax. Then go to sleep in your own bed!!

Today I have been really **scared of** _____. (Name only)

So I might have a bad dream during the night and wake up **feeling** _____.
(Scared, afraid, worried, lonely)

My heart might be beating fast and I might be shaking or crying.

If this happens I will tell myself if is because I am **remembering** _____.

I can turn my light on in my room.

I will look around my room and name what I see.

I will tell myself that I just had a bad dream, that _____ is not happening now.

I will think about _____ because that makes me feel safe and happy.

I will go back to sleep in my own bed and have good dreams about how great my life is!!!