Inner World Work Survival Mode Spotter & Grounding Ideas

InnerWorld Work

Freeze

- Not interested, bored
- Confused, forgetful
- Talking about something else
- Hard to move through the task
- Not listening
- Stubborn
- Staring into space, daydreaming
- Clumsy

Flight

Running away
Keeping SUPER busy
Not coping with free time
Needing to be first
Bumping into people
Avoiding chores or playing
Baby talk or silly voices
Hyperactive, giddy & silly
Hiding under tables

Fight

Hot & bothered
Angry & aggressive
Controlling
Lie or blaming
Shouty & argumentative
Pushing away friends/siblings
Demanding
Inflexible

Submit

Socially withdrawn
Compliant
Quiet
Unable to think, just yes or no answers
Passive
Resigned
Sleepy
Neutral expression
Low mood

Grounding Freeze

Stay with me, don't leave me alone
Deep breathing
Spinning on a swing
Digging in the garden or in some sand
Tell me that I'm ok & that I'm safe
Jumping on a trampoline
Gently wonder where I've gone
Tell me kindly who I am & what we're doing
Climbing & hanging
Rolling or cycling downhill
Watching TV
Hot chocolate & piece of toast
Soft teddy in bed with me
A nice warm bath & a warm towel

Grounding Flight

Keep me close by
Happily find me if I'm hiding
Deep breathing
Crunchy foods
Give me a easy & familiar chore
Make things predictable
Hanging from monkey bars
Tell me I'm safe
Make me a safe place
Heavy blankets
Talk though what might be tricky
Tug of war
Cup of warm milk
Hot water bottle
Soft teddy

Grounding Fight

Give me a something to do that makes me feel important
Support me socially
Match my energy
Chewy foods
Make things predictable
Deep breathing
Hanging & swinging
Climbing
Connect & show empathy before exploring the consequences of my behaviour
Warm bath with lots of bubbles
Warm milk
Hot water bottle
Super soft teddy & blanket

Grounding Submit

Repetitive simple tasks
Weighted blanket
Swinging
Building with lego or play-dough
Tell me I'm safe
Deep breathing
Hot chocolate & a biscuit
Spending time with a trusted adult
Do the task with me
Wrapping up in a soft blanket & watching TV
Tell me what to do without showing frustration
Warm bath & a warm towel
Warm pyjamas