

Two-Object Self-Regulation Exercise

Letting your body release what it doesn't need and
receive what helps right now

Introduction

When the nervous system is overloaded, simple physical input can help. This resource offers one way to use two objects as regulating options – gently, and by choice.

Part 1: Squeezing Out What Your Body Is Holding

Below are examples of just some of the ways you can use this exercise.

Emotional

- overwhelm
- bottled-up feelings
- emotional weight

Cognitive

- racing thoughts
- mental clutter
- looping worries

Survival energy

- tension your body is holding to stay alert
- energy that helped you get through something earlier
- effort that's no longer needed right now

Part 1: Squeezing Out What Your Body Is Holding, Continued

Relational

- self-criticism
- unrealistic expectations
- urgency to fix or decide
- pressure to explain or understand

Time-based Concerns

- what doesn't need to be carried in this moment
- what can be set down temporarily
- what can rest outside your body for now
- what you need a break from

You don't have to get rid of anything permanently if you don't want to. You can simply let this object hold what doesn't need to stay inside you right now.

Part 2: Taking In What Helps Right Now

Below are examples of just some of the ways you can use this exercise.

Nervous System Support

- steadiness
- grounding
- settling
- slowing

Part 2: Taking In What Helps Right Now, Continued

Emotional qualities

- comfort
- reassurance
- warmth
- softness
- gentleness
- ease

Safety-related qualities

- a sense of safety right now
- enough safety for this moment
- a feeling of being supported
- a feeling of being protected

Relational

- care
- kindness
- compassion
- being believed
- being valued

Cognitive

- clear understanding
- a quiet mind
- perspective
- permission to not figure anything out

Part 2: Taking In What Helps Right Now, Continued

Other

- choice
- control over pace
- permission to stop
- permission to go slowly

You can imagine this object offering whatever your system needs most right now: calm, steadiness, reassurance, or even just a little more space.

Using This List (gentle reminders)

- You can choose one item or several.
- You can change your choices each time.
- You can stop at any point.

This exercise is meant for grounding and stabilization, not for processing trauma memories. If anything feels overwhelming, it's okay to stop and return to what feels supportive.

♥ How This Helps You Heal

This exercise supports healing by:

- offering a way to set down what's too much without forcing it to disappear
- helping your nervous system experience support and steadiness in small, manageable amounts
- giving different parts of your system choice and control over how they participate
- creating moments where distress feels more tolerable, even if it doesn't fully go away
- reinforcing that you have options now that weren't available earlier in life

Over time, brief, repeated experiences like this can help your system learn that overwhelm can pass and that safety can increase gradually – without pressure to feel calm, fixed, or resolved.

You're Not Alone.

Healing isn't easy, and there are no shortcuts. But you've already made it through the hardest parts—and that strength is still with you. This resource was created to support you on your path. Take what helps. Leave what doesn't. Keep going.

◆ More Support Is Available

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that's gentle, grounded, and real.

Your voice matters.

If this resource was helpful, confusing, or brought something up for you — I'd love to know. I'm always working to make these tools more useful and more supportive. You can share feedback (even anonymously) here:

[**https://www.comuniDID/feedback**](https://www.comuniDID/feedback)

☀️ This document is more heartfelt than fancy—made to support you, not impress anyone.

