

Finding Glimmers: A Practice for Noticing Safety and Connection

The R.E.P.A.I.R.™ Parenting Framework

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The term 'glimmer' was introduced by Deb Dana, a clinician and expert in polyvagal theory. Glimmers are small moments when our nervous system feels safe, settled, or connected — often fleeting, but deeply meaningful. Unlike triggers, which activate a stress response, glimmers help us anchor in moments of regulation and hope.

In parenting, noticing glimmers can help us build resilience, soften shame, and stay connected to our values — especially during hard moments. This worksheet will guide you in identifying, tracking, and cultivating glimmers in your daily life.

1. What Is a Glimmer?

A glimmer is a micro-moment of feeling safe, seen, soothed, or supported. It might be a breath of fresh air, your child's giggle, the way light moves through leaves, or a moment of eye contact with someone you trust.

Think of glimmers as small nervous system 'yeses.' They can help us shift from survival mode to connection.

2. Reflective Prompts

Use these questions to explore glimmers in your own life:

- When was the last time I felt calm, safe, or connected — even for a moment?
- What places, people, or experiences tend to bring me those feelings?
- What sensations do I notice in my body when I'm in a glimmer state?
- Are there any small things I can return to when I need to ground or reset?

3. Daily Glimmer Tracker

Each day, try to notice at least one glimmer and describe it here. The more we practice noticing safety, the more available it becomes.

Day 1: _____

What did I feel? _____

Where did I feel it in my body? _____

What helped me notice it? _____

Day 2: _____

What did I feel? _____

Where did I feel it in my body? _____

What helped me notice it? _____

Day 3: _____

What did I feel? _____

Where did I feel it in my body? _____

What helped me notice it? _____

Day 4: _____

What did I feel? _____

Where did I feel it in my body? _____

What helped me notice it? _____

Day 5: _____

What did I feel? _____

Where did I feel it in my body? _____

What helped me notice it? _____

This worksheet is inspired by the work of Deb Dana and her contributions to polyvagal theory.

Dana, D. (2018). *The Polyvagal Theory in Therapy*. W.W. Norton & Company.

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