

Day 5 Worksheet

Maladaptive Stress Response & Normalisation

Decode Your Trauma

In yesterday's session we explored how a major impact of our trauma events is the way our nervous system can become maladaptive in response. We become so normalised to this maladaptive stress response, that we often don't even realise it is happening.

In today's session we explored the **Outcomes** of this maladaptive stress response in our day to day lives, along with the patterns of thinking, feeling and behaviour which we may have normalised to.

To help bring this to life, please answer the below questions:

Anxiety - On a scale of 0-10 how would you rate your level of nervous system self-regulation?

Sleep - On a scale of 0-10 how would you rate your sleep quality?

Health - On a scale of 0-10 how would you rate your health?

Relationships - On a scale of 0-10 how would you rate your relationships?

Addictions - On a scale of 0-10 how would you rate your freedom to choose?

Mood - On a scale of 0-10 how would you rate your mood?

Remember, **just because we have normalised to something, it doesn't make it optimum or healthy for us.** The key to changing is learning to RESET our nervous system to bring back balance and unlock our healing potential.