

Day 4 Worksheet

What state are you in?

Decode Your Trauma

In today's session we explored the **H**omeostatic nervous system shifts of the E.C.H.O. model. We explored Polyvagal Theory and the impact of a maladaptive stress response. To bring this to life further, I'd like you to reflect upon the state of your nervous system now and at various points throughout the day.

Here is a rating system you can use to help to identify, but please note that everyone is different and this is offered only as a guide....

Immobilization – Freeze

- 10** Completely numb and shut down
- 9** Disconnected and feelings hard to access
- 8** Demotivated and feeling stuck

Mobilization – Fight or Flight

- 7** Intense anxiety moving into feeling of resignation
- 6** Mind and body pumping with adrenaline and feeling wired
- 5** Mind racing, body feeling tense, and trying to think one's way to a feeling of safety
- 4** Feeling agitated and finding it hard to completely relax

Socialization – Healing State

- 3** Neutral feeling, but able to relax and enjoy the moment
- 2** Calm and relaxed and enjoying the company of others
- 1** Deep sense of relaxation and feeling safe within oneself

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For the next 3 days, please record your score at the following points in the day:

Upon waking			
Mid-morning			
Lunchtime			
Mid-afternoon			
Early evening			
Before bed			

Please remember, that the good news is that **however much our homeostasis might have shifted, we can learn to RESET our system.**