

Day 2 Worksheet

Mental Triggers

Decode Your Nervous System

In today's session, we explored the 5 core mental patterns that drive your nervous system, as well as the 4 different mental patterns that can perpetuate nervous system dysregulation. To help you identify which mental patterns are the most familiar to you, I'd like you to complete the below check sheet.

Helper

- ☐ I tend to spend most of my time involved with helping other people
- ☐ I tend to put other people's needs above my own
- ☐ I feel out of touch with my own needs
- ☐ I feel like I must please others or win them over all the time
- ☐ I tend to have people become dependent upon me
- ☐ I mainly get a sense of self-worth by helping other people

Achiever

- ☐ I have high expectations of myself and those around me
- ☐ I am highly motivated to achieve the goals I have set in my life
- ☐ I mainly get a sense of self-worth through my external achievements
- ☐ I tend to be driven to obtain status and attention
- ☐ Being seen as a failure is one of my greatest fears
- ☐ Coming across as having my "shit together" is important to me

Perfectionist

- ☐ I tend to have high standards for myself and others
- ☐ I feel like I'm always trying to get it right
- ☐ I can feel like a bad person if I do not get things right
- ☐ I mainly get my sense of self-worth through doing the right thing

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Anxiety

- ☐ I have experienced high levels of anxiety from a young age
- ☐ I have a high perceived sense of danger
- ☐ I don't feel I was given a sense of safety as a child
- ☐ I might appear to be doing daring feats and appear fearless on the outside, but this is an attempt to overcome inner fear and anxiety
- ☐ I feel I cannot trust my own inner guidance, opinions and views
- ☐ I am attracted to authority, but distrustful of it at the same time

Controller

- ☐ If people saw my vulnerabilities, they may take advantage of them
- ☐ If I want a job done properly, I need to do it myself
- ☐ The world feels scary when I'm not in control
- ☐ I'm a natural leader, and in times of crises people look at me
- ☐ I'm careful with who I share my weaknesses and vulnerabilities with