

TRAUMA & THE NERVOUS SYSTEM

Today's Idea: Why Transitions Are So Hard

Transitions can activate fear, loss, or uncertainty.

What I Notice

- Transitions that are hardest for my child include _____

- Resistance often looks like _____

What This Might Be About

- Transitions may feel unsafe because _____

- My child might be worrying about _____

What Comes Up for Me

- During transitions, I feel _____

- I notice urgency in myself when _____

Gentle Reframe

"Transitions are emotional, not just logistical."

Final Reflection

- One way I can slow transitions down is _____
