

TRAUMA & THE NERVOUS SYSTEM

Today's Idea: Safety Is the Intervention

Safety changes the nervous system, and the nervous system changes behavior.

What I Notice

- My child seems safest when _____

- I notice more flexibility when _____

What This Might Be About

- Safety may be growing when _____

- This tells me that _____

What Comes Up for Me

- When I focus on safety, I feel _____

- It helps me let go of _____

Gentle Reframe

"Safety is not permissive-it is foundational."

Final Reflection

- One sign of safety I want to notice more is _____
