

## TRAUMA & THE NERVOUS SYSTEM

### Today's Idea: The Nervous System's Job is Survival

The nervous system responds to perceived danger automatically and quickly.

#### What I Notice

- When my child senses stress, their immediate reaction is often \_\_\_\_\_

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- This reaction seems to happen when \_\_\_\_\_

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#### What This Might Be About

- If this is about survival, my child may be trying to \_\_\_\_\_

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- Their body might be responding to \_\_\_\_\_

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#### What Comes Up for Me

- When reactions happen fast, I tend to feel \_\_\_\_\_

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- My instinct in these moments is to \_\_\_\_\_

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#### Gentle Reframe

"This is a survival response, not a conscious choice."

#### Final Reflection

- One way I can pause before responding is \_\_\_\_\_

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