

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 _____

- This reaction seems to happen when _____

What This Might Be About

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

- Their body might be responding to _____

What Comes Up for Me

- When reactions happen fast, I tend to feel _____

- My instinct in these moments is to _____

Gentle Reframe

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

Final Reflection

- One way I can pause before responding is _____
