

TRAUMA & THE NERVOUS SYSTEM

Today's Idea: Why Reasoning Fails Under Stress

Stress shuts down the brain's ability to reason and reflect.

What I Notice

- Times when reasoning doesn't work include _____

- My child's response to explanations is often _____

What This Might Be About

- If my child can't access thinking right now, they may need _____

- This helps explain why _____

What Comes Up for Me

- When I feel unheard, I notice I feel _____

- A thought I often have is _____

Gentle Reframe

"My child is not refusing to listen; they are unable to process."

Final Reflection

- One thing I can focus on instead of explaining is _____
