

TRAUMA & THE NERVOUS SYSTEM

Today's Idea: Stress Shrinks Capacity

Stress reduces a child's ability to cope, even if they were capable before.

What I Notice

- My child seems capable sometimes but not others when _____

- Stress for my child increases during _____

What This Might Be About

- Their capacity may shrink when _____

- This doesn't mean they are choosing not to _____

What Comes Up for Me

- Inconsistency makes me feel _____

- I sometimes interpret this as _____

Gentle Reframe

"Capacity fluctuates with stress."

Final Reflection

- One expectation I may need to soften is _____
