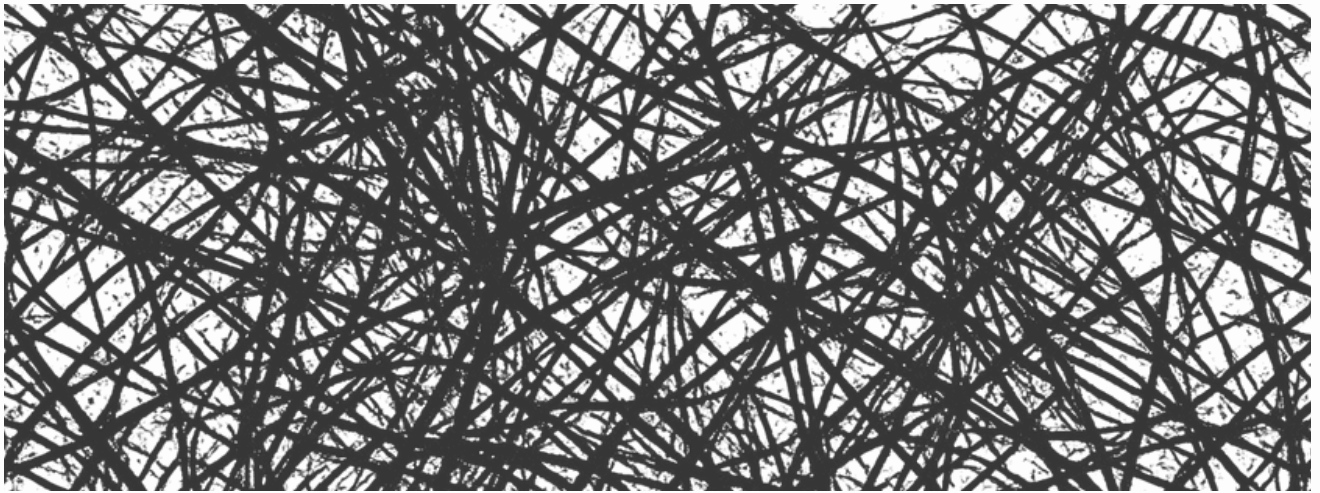


Basic
Nervous
System
Reflections

*An invitation to begin understanding your inner
patterns and responses.*

GABRIELLA LEHMKUHLE



Orientation

This is an invitation to slow down and begin listening to your nervous system with curiosity. You don't need to fix yourself, change anything, or arrive in a certain state to begin.

Your nervous system is constantly sensing and responding to what's happening inside and around you, shaping how you feel, react, and experience safety, often before conscious thought. These responses are not random, but part of an intelligent system designed to protect you. Rather than something to fix, your nervous system invites you to build a working relationship with it. This relationship fosters self-trust and resiliency.

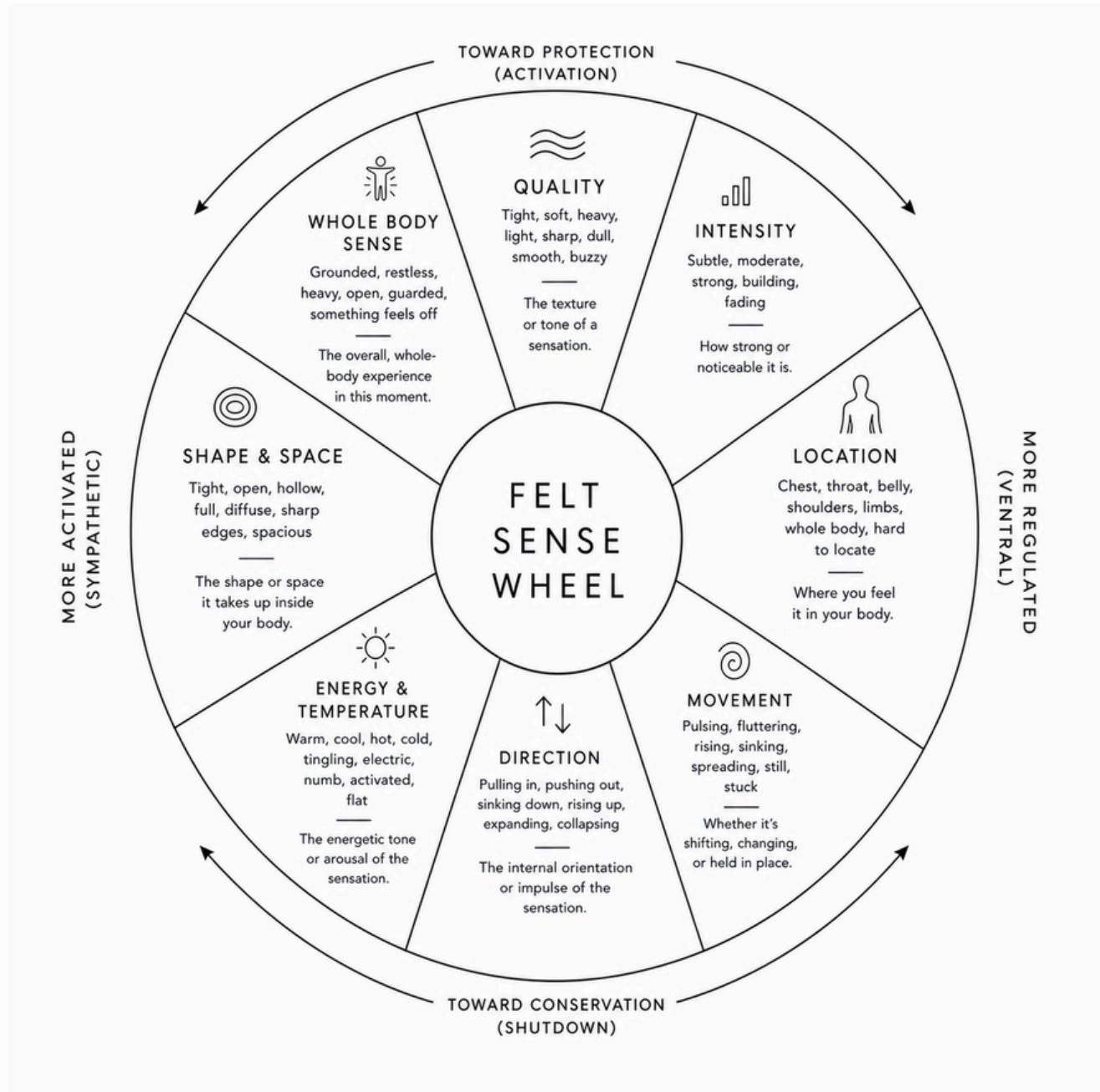
Throughout these pages, you'll find basic nervous system psychoeducation and reflections that will grant you insight about your own system. You may uncover hidden parts, patterns, and sensations that call for continued, deeper nervous system work.

Go at your own pace. You might pause, skip around, or take breaks. If anything feels overwhelming, it's okay to stop and return later. Take what resonates. Listening to yourself is part of the practice.

Psychoeducation

Nervous System Sensing

You can begin sensing your nervous system through your **felt sense**, the body's internal knowing before words fully arrive. The wheel below may help you connect to felt sense. You are invited to reflect on this wheel and begin sensing what you subtly feel right now.



Reflection

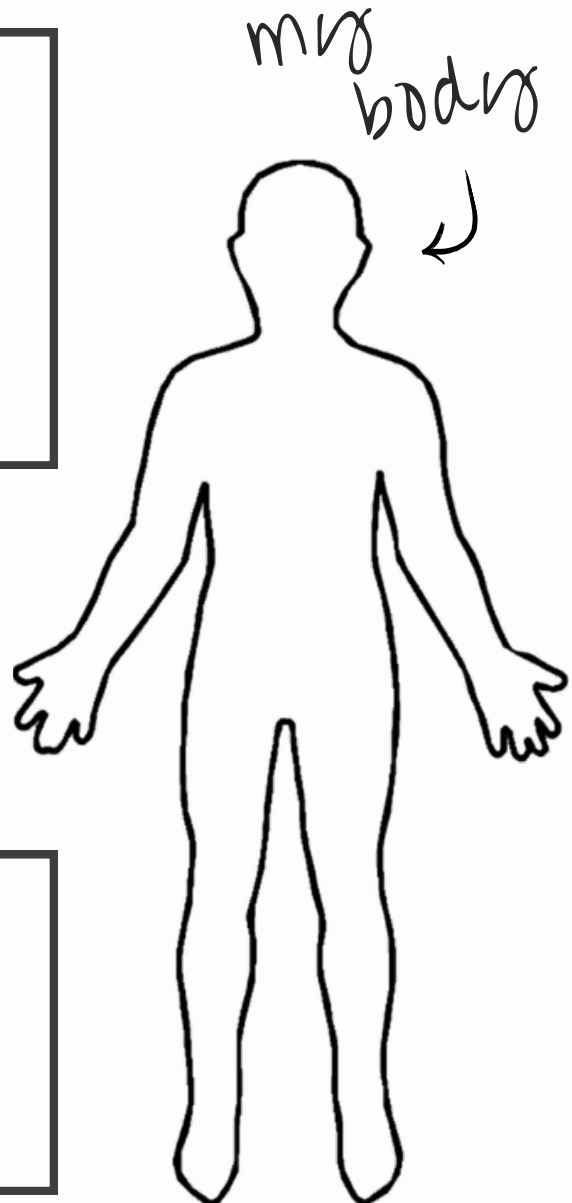
Mapping Your Felt Sense

Turn your attention inward. Observe your body from head to toe with curiosity. What are you sensing in your body, even slightly? Describe your experience. This is your felt sense.



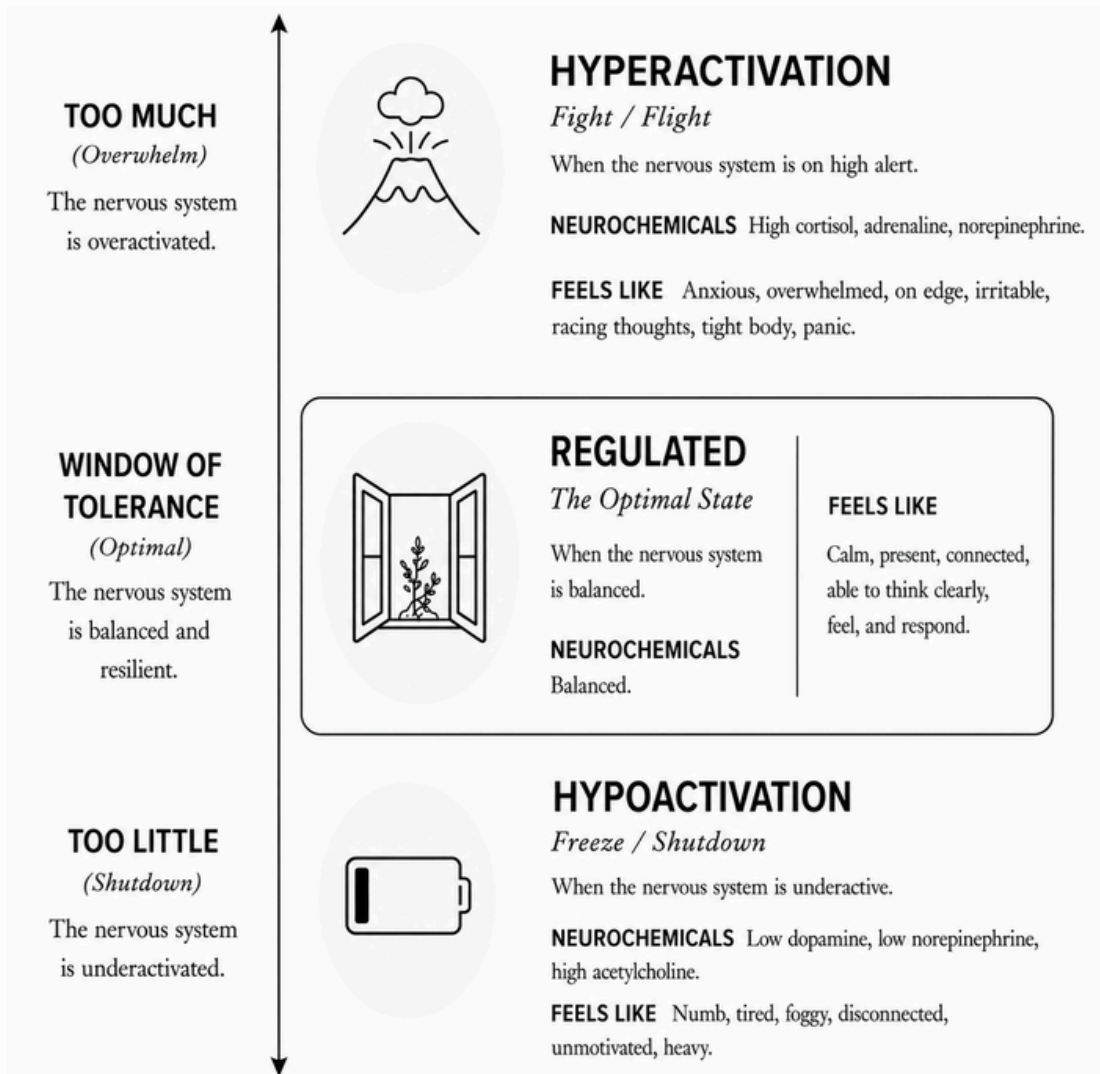
Using your creativity, map out your felt sense on the body outline.

How does it feel to recognize and map out your felt sense?



Psychoeducation

Nervous System States



Your nervous system is always fluctuating between these three main states, depending on how your system perceives threat and safety. There are no “wrong” or “bad” nervous system states. Our body will naturally shift states to protect our body and life.

However, it is important that we always return to the **window of tolerance**, which is the regulated state of our system, so we can be resilient and suffer less. Thanks to our body’s innate **neuroplasticity**, all humans have the capacity to flow back to the window of tolerance, but it is often difficult to help our body feel safe enough to return.

Reflection

Your Nervous System States

Record the percentage of time your nervous system is in each state.

% Hyperactivation

% Regulation

% Hypoactivation

What causes this pattern?

What triggers your nervous system to shift states?

How easy is it for you to return to the window of tolerance?

Feels Easy | 1 | 2 | 3 | 4 | 5 | **Feels Difficult**

What makes your system feel safe enough to return to regulation?

Final Reflections

What is my nervous system asking me to do with these findings? What are the next steps for enhancing my relationship with my body? What would I gain from deeper nervous system work?



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MORE MIND-BODY EXPLORATION

Closing Remarks

Thank you for taking the time to reflect and connect with your nervous system. Even small moments of awareness matter. Each pause, each check-in, and each choice to listen helps strengthen pathways of safety, self-trust, and resilience within your body.

This reflection is intended to be educational and supportive, not a substitute for mental health care. If you're navigating trauma, ongoing distress, or feel overwhelmed at any point, seeking support from a licensed therapist or healthcare professional can be a meaningful next step. You deserve care that meets you where you are.