

What Is My Nervous System Protecting Me From?

Explore what your nervous system may be trying to do for you.

Your nervous system responds to what it perceives as safety or threat. Sometimes its responses can feel confusing, overwhelming, or frustrating. Rather than asking "What's wrong with me?" try asking, "What might my nervous system be trying to protect me from?"

1. What am I noticing right now?

Emotions, sensations, thoughts, or urges.

2. My first urge was...

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|--|---|
| ☐ Avoid | ☐ Please someone |
| ☐ Escape | ☐ Fix the problem |
| ☐ Shut down | ☐ Seek reassurance |
| ☐ Defend myself | ☐ Other: _____ |

3. What feels threatening right now?

What feels unsafe, uncomfortable, or overwhelming?

4. What might my nervous system be trying to protect me from?

There isn't a right answer. Notice what comes to mind with curiosity.

5. What do I need most right now?

What would feel supportive or caring in this moment?
