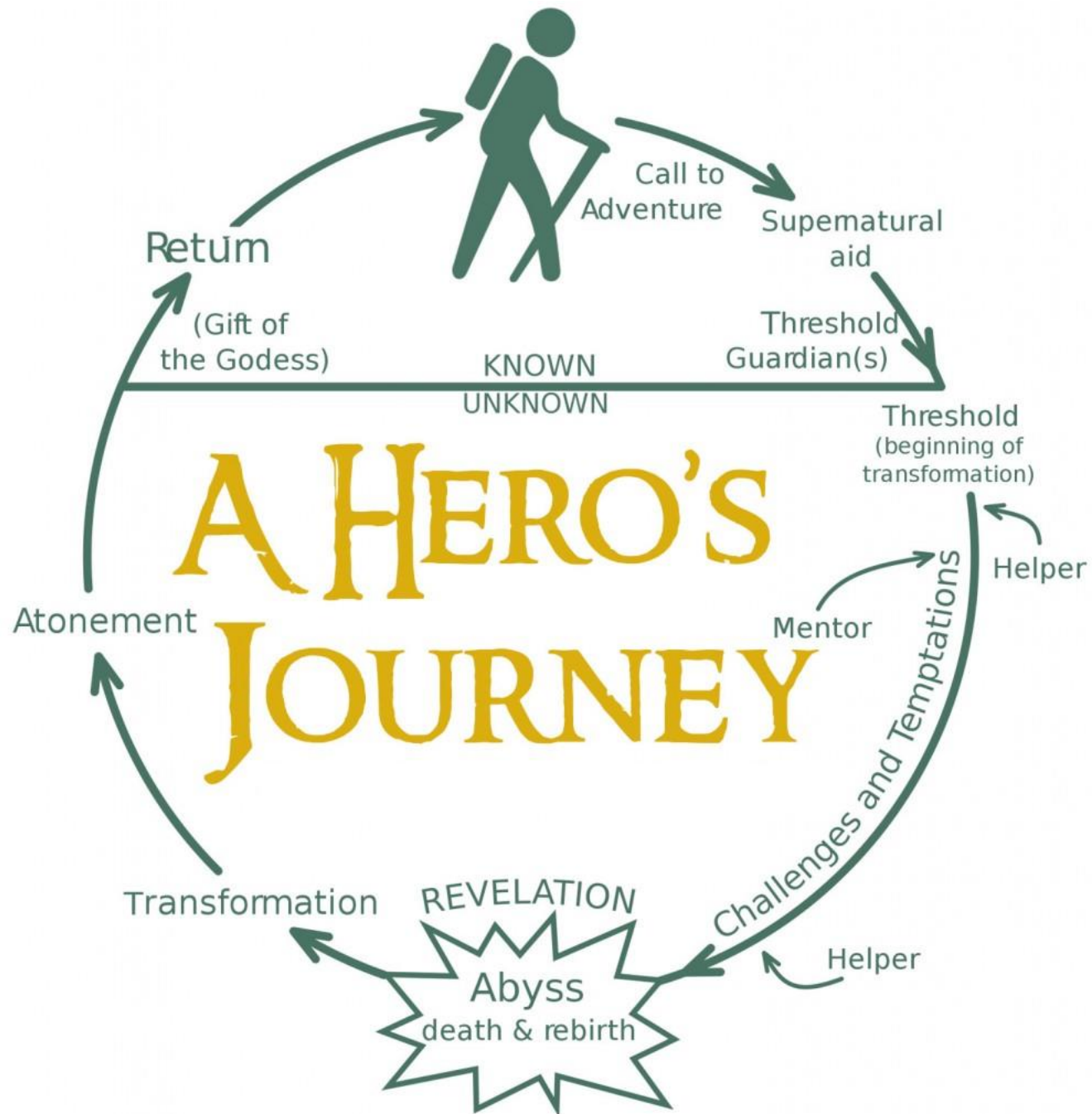




- Discover
- Accept
- Express

Enemies of Creativity

- Socialization
- Rejection
- Traumatic Experiences

SYMPTOMS

Addictions, PTSD, heart ailments,
hypertension, weight issues, self
sabotage, pain and illness,
procrastination and clutter, etc.

EVENTS

Bullied/teased
Emotionally detached parents
Abandoned/betrayed
Abused/Put down
Alcoholic parent

EVENTS

Over disciplined/criticized
Physically beaten
Family fighting/shouting
Unsupported/Unloved

LIMITING BELIEFS

What's wrong with me
I'm not safe/okay
I'm not loveable

I'm not worthy
I'm not good enough
I'm different/don't belong



Avoider

Focusing on the positive and pleasant in an extreme way. Avoiding difficult and unpleasant tasks and conflicts.



Controller

Anxiety-based need to take charge and control situations and people's actions to one's own will. High anxiety and impatience when that is not possible.



Hyper-Achiever

Dependent on constant performance and achievement for self-respect and self-validation. Latest achievement quickly discounted, needing more.



Hyper-Rational

Intense and exclusive focus on the rational processing of everything, including relationships. Can be perceived as uncaring, unfeeling, or intellectually arrogant.



Hyper-Vigilant

Continuous intense anxiety about all the dangers and what could go wrong. Vigilance that can never rest.



Pleaser

Indirectly tries to gain acceptance and affection by helping, pleasing, rescuing, or flattering others. Loses sight of own needs and becomes resentful as a result.



Restless

Restless, constantly in search of greater excitement in the next activity or constant busyness. Rarely at peace or content with the current activity.



Stickler

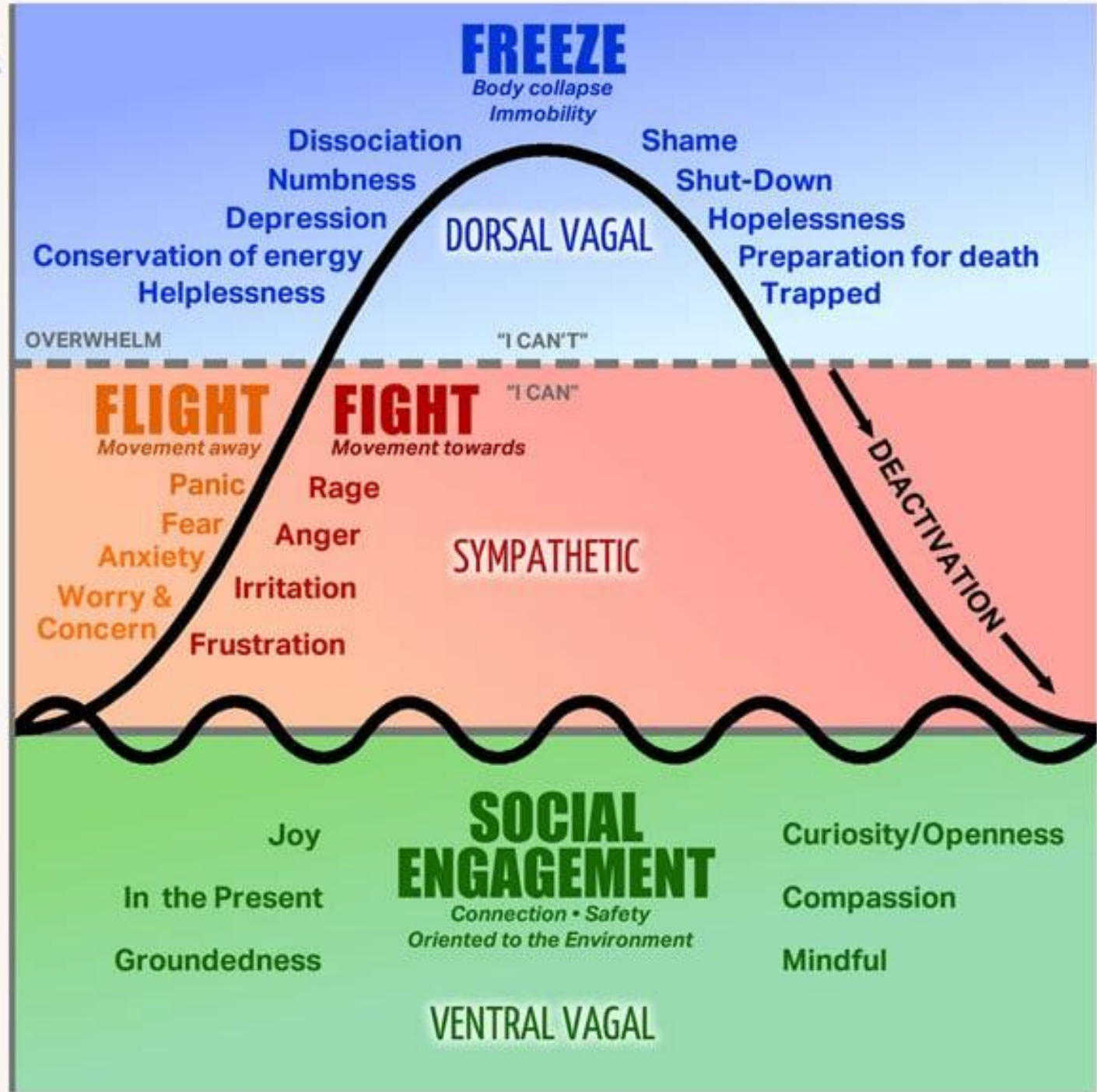
Perfectionism and a need for order and organization taken too far. Anxious trying to make too many things perfect.



Victim

Emotional and temperamental as a way to gain attention and affection. An extreme focus on internal feelings, particularly painful ones. Martyr streak.

↑
AROUSAL INCREASES



PARASYMPATHETIC NERVOUS SYSTEM
DORSAL VAGAL - EMERGENCY STATE

- Increases**
- Fuel storage & insulin activity
 - Endorphins that help numb and raise the pain threshold.
- Decreases**
- Heart Rate • Blood Pressure
 - Temperature • Muscle Tone
 - Facial Expressions • Eye Contact
 - Intonations • Awareness of the Human Voice • Social Behavior • Sexual Responses • Immune Response

SYMPATHETIC NERVOUS SYSTEM

- Increases**
- Blood Pressure • Heart Rate
 - Fuel Availability • Adrenaline
 - Oxygen circulation to vital organs
 - Blood Clotting • Pupil Size
- Decreases**
- Fuel Storage • Insulin Activity
 - Digestion • Salvation
 - Relational Ability
 - Immune Response

PARASYMPATHETIC NERVOUS SYSTEM
VENTRAL VAGAL

- Increases**
- Digestion • Intestinal Motility
 - Resistance to Infection
 - Immune Response
 - Rest and Recuperation
 - Circulation to non-vital organs (skin, extremities)
 - Oxytocin** (neuromodulator involved in social bonds that allows immobility without fear)
 - Ability to Relate and Connect
- Decreases**
- Defensive Responses

HEALTHY COPING SKILLS



READ
A BOOK



LISTEN
TO MUSIC



PUZZLE



GO FOR
A WALK



ART AND
DRAWING



CLEAN



DEEP
BREATHING



ENJOY
NATURE



TAKE A
BREAK



GET ENOUGH
REST



GARDENING



SPEND TIME
WITH A PET



PRACICE
GRATITUDE



MEDITATION



SELF
AFFIRMATION



JOURNALING

The Benefits of Breathwork

Increases your energy

Boosts the immune system and provides anti-inflammatory effects

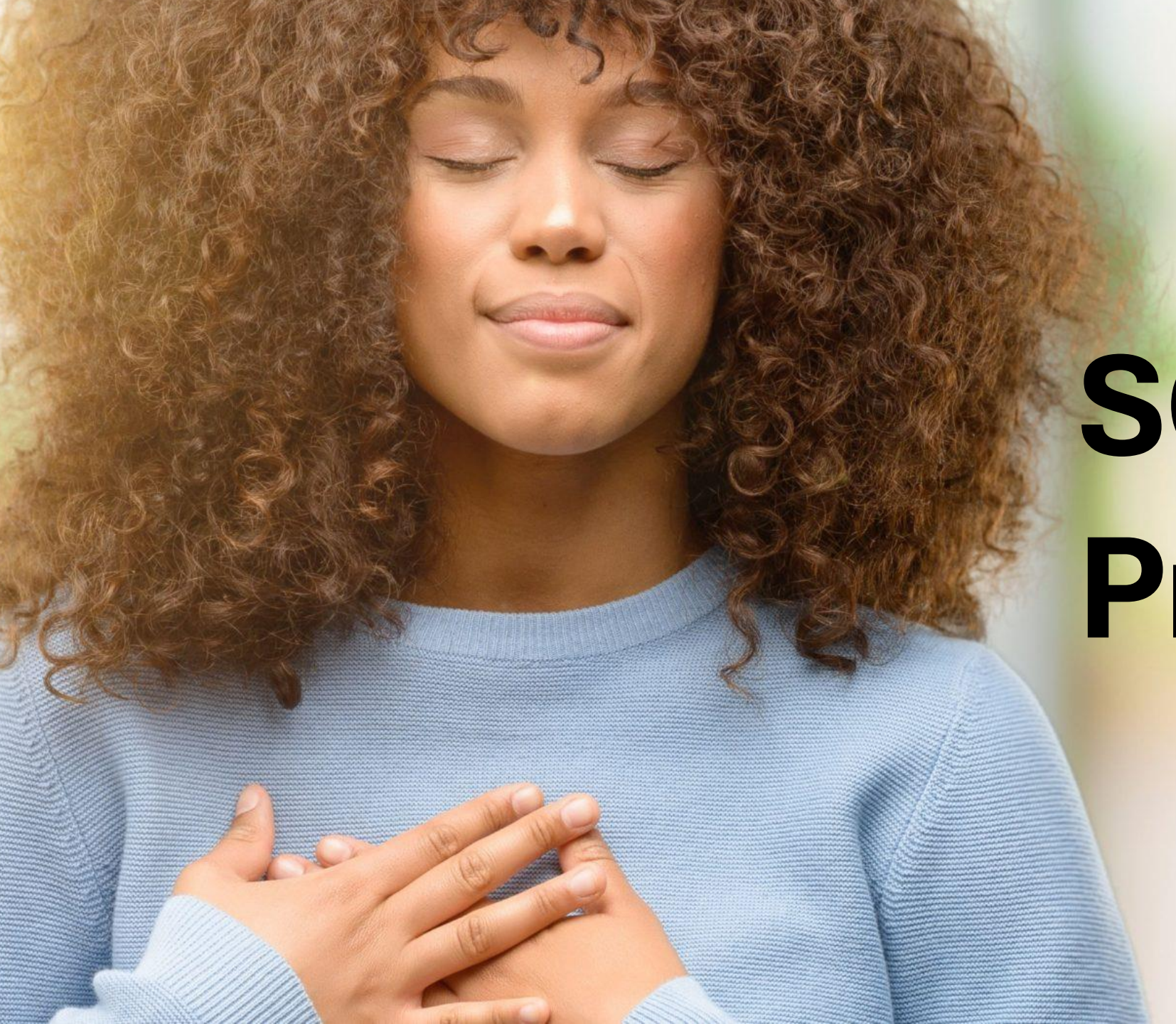
Improves lung health

Treats insomnia

Manages PTSD

Improves attention span





SOMATIC Practice

ASSIGNMENTS