



To move into true regulation, we need to look at the deeper desire of our nervous system and step out of judging our behaviour as good or bad. We are simply trying to manage our state, but we can also find more supportive ways to regulate ourselves.

Identify the habit you may use to artificially regulate your nervous system.

What nervous system state am I in? Can I notice the thoughts, sensations, or energy of this state?

What short-term benefits is this habit giving me? Does it relieve or soothe my nervous system? (e.g. comfort, numbing, dissociation from feelings)

Is there an unmet need that I have? (e.g. seeking connection, energy)



Track your habits to increase your self awareness, allowing you to find healthier ways to support your nervous system.

Habit	What benefits does this give me in the short-term?	What's my unmet need? What does my nervous system really need?