

Nervous System Intake

- 1) What do you know about your own nervous system?

- 2) When you hear the words 'nervous system' what immediately comes to mind?

- 3) Do you consider yourself to be a sensitive person? If so, in what ways?

- 4) Do you believe you have a sensitive system? In what ways?

- 5) Do you feel connected to your internal body? If yes, how do you know that? If no, how do you know you are not connected?

6) Looking back, would you say this is how it's always been for you or has it changed and if so, when and in what ways?

7) Are there certain areas of your body that feel more sensitive or reactive than other areas?

8) Are these areas familiar to you? If so, for how long?

Exploring Sympathetic

1. What do you know about the state of *overwhelm* or *sympathetic*?

2. What does the experience of this feel like in your body? Is there tension? Is there holding? Does your body feel shaky, energized, alive, or frightened, agitated, alarmed? List the internal sensations and feelings that stand out the most to you:

3. How does your body first signal you when you are in this sympathetic state?
What is the *experience of sympathetic from inside your body*? How does your body let you know you are in this state?
4. What happens to your mind in this state? Is it clear and focused? Confused or cloudy? Slow or dull? Fast or speedy? Any other words you would use to describe this state in your mind?
5. Is this internal experience something you are familiar with? If yes, how “old” is it? When do you believe your body first started feeling this way?
6. If not familiar with it, do you ever experience this state now? If so when is it most likely to take place?

Exploring Dorsal

1. What do you know about the state of *shut-down* or *dorsal*?
2. What does the experience of this feel like in your body? Is there tension? Is there holding? Does your body feel shaky, or frozen, still or stuck? What are the internal sensations and feelings that stand out the most to you:
3. How does your body first signal you when you are in this dorsal state? What is the *experience of dorsal from inside your body*? How does your body let you know you are in this state?
4. What happens to your mind in this state? Is it clear and focused? Confused or cloudy? Slow or dull? Fast or speedy? Any other words you would use to describe this state in your mind?

5. Is this internal experience something you are familiar with? If yes, how “old” is it? When do you believe your body first started feeling this way?

6. If not familiar with it, do you ever experience this state now? If so when is it most likely to take place?

Exploring Ventral

1. What do you know about the state of *grounded, balanced or ventral*?

2. What does the experience of this feel like in your body? Is there any tension present or an opposite sensation? Is there a slowing down that happens? If so, where can you sense and feel it in your body? Are there internal sensations and feelings that stand out the most to you?

3. How does your body first signal you when this ventral state is present?
What is the *experience of ventral from inside your body*? How does your body let you know you are in this state?
4. What happens to your mind in this state? Is it clear and focused? Is it attentive and alert?
Any other words you would use to describe this state in your mind?
5. Is this internal experience something you are familiar with? If yes, how “old” is it? When do you believe your body first started feeling this way?
6. If not familiar with it, do you ever experience this state now? If so when is it most likely to take place?

