

Walking a Mile in My Nervous System – Full Workbook

This workbook is designed to help survivors understand their nervous-system story, reclaim language for their adaptations, and connect their lived experience with trauma science. Each section includes reflection prompts, psychoeducation, and guided frameworks to help you build clarity and coherence without retraumatization.

1. Understanding Your Nervous System Story

Trauma imprints itself not in memory first, but in physiology. The body reacts before the mind interprets. In this section, you will explore what your nervous system learned in childhood and how those patterns continue to influence your responses today. Reflection Prompts: • What did safety mean in your childhood home? • What sensations did your body experience during fear? • What strategies did you use to restore safety?

2. Adaptations vs. Symptoms

Your reactions were not disorders—they were adaptations. Hypervigilance, dissociation, people-pleasing, minimization, and emotional masking are intelligent nervous-system responses. Reflection Prompts: • Which adaptations show up the most for you? • How did each of them serve you in childhood?

3. Mapping Your Developmental Timeline

Trauma is developmental. Here you will map your experiences by age, noting what your nervous system learned in each era.

4. Identity Under Threat

Explore how identity forms when love is conditional, or when rejection and control shape your sense of self. Reflection Prompts: • When did you begin hiding parts of yourself?

5. Reclaiming Your Voice

Your story is not what happened to you—it is the meaning you choose to create from it now.