

Interactive Workbook for Nervous System Regulation

SECTION 1: UNDERSTANDING YOUR NERVOUS SYSTEM STATE

You can also [download here the workbook version](#)

Part 1: Welcome to Your Subconscious Healing Era

"In my subconscious healing era, I'm learning that calm isn't a personality trait - it's a daily practice. For me, this means..."

Reflection:

"The old belief I'm ready to release about my nervous system is:"

"The new belief I'm choosing to practice is:"

Mini Commitment:

- ☐ I'm willing to see my body as an ally, not an enemy.
- ☐ I'm willing to practice safety signals instead of pushing harder.
- ☐ I'm willing to move from 'override' to 'I'm with you.'

Part 2 - "You're Not Lazy, You're Dysregulated"

Self-Assessment: How Dysregulation Shows Up

Rate each statement (0-3: 0 = rarely, 3 = almost daily):

1. Everything feels urgent and never enough 0 1 2 3
2. I rush, overcommit, scroll, overthink constantly 0 1 2 3
3. I feel like I "should be able to handle this" 0 1 2 3
4. I push harder when I'm already exhausted 0 1 2 3
5. My best solution is usually "do more, faster" 0 1 2 3
6. I struggle to think clearly when overwhelmed 0 1 2 3

Total Score: _____

Reflection:

"My score tells me that my nervous system is currently..."

"The survival state I recognize most in myself (fight/flight/freeze/fawn) is:"

"What this state is trying to protect me from:"

Part 3 - Calm as a skill - micro-practice:

Noticing When You're Speeding Up

Body Awareness Exercise:

"When I'm speeding up, my body shows these signs:"

Shoulders: _____

Breath: _____

Jaw/face: _____

Thoughts: _____

Movement/posture: _____

Weekly Tracking - "Catching the Speed-Up"

Day | Time I noticed speeding up | What triggered it | Physical signs

Mon | | | |

Tue | | | |

Wed | | | |

Thu | | | |

Fri | | | |

Sat | | | |

Sun | | | |

Weekly Reflection:

The most common trigger for my speeding-up response was:

The earliest sign I can now recognize is:

Part 4 - The 60-Second Pause Practice

What It Is:

Before responding to a triggering email, message, or moment, pause for one full minute. Feel your feet, unclench your jaw, lengthen your exhale.

Weekly Practice Log:

Day | Trigger (email/person/thought) | What I did in the 60 seconds | Impact (before/after)

Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Reflection:

"The hardest part of pausing before reacting is:"

"When I pause, I notice my body wants to:"

"One thing I've learned about myself through pausing:"

Part 5 - Asking "What Do I Actually Need Right Now?"

Shift from "How do I make this go away?" to "What do I actually need?"

Daily Practice:

Morning Check-In:

"Right now, what I actually need is:"

PsycheBoost by MC | www.psycheboost.com | info@psycheboost.com

In My Subconscious Healing Era

Mid-Day Check-In:

"Right now, what I actually need is:"

Evening Check-In:

"Right now, what I actually need is:"

Common Actual Needs (check all that apply this week):

- ☐ Rest / sleep
- ☐ Movement / fresh air
- ☐ Water / nourishment
- ☐ Connection / support
- ☐ Silence / alone time
- ☐ To be seen / heard
- ☐ Safety / reassurance
- ☐ Play / softness
- ☐ Boundary / saying no
- ☐ Permission to slow down

Reflection:

"The need I most often ignore or override is:"

"When I meet that need, I notice:"

SECTION 3: SIGNALING SAFETY TO YOUR NERVOUS SYSTEM

Part 6 - "You Don't Need More Willpower, You Need Safety"

Understanding the Old Pattern:

"The ways I've been taught to 'push through' include:"

In My Subconscious Healing Era



"What my nervous system reads this as (threat/danger/proof something is wrong):"

The New Pattern - Safety Signals:

"One way I can signal safety to my body is:"

"Slowing down in my day-to-day looks like:"

Micro-Pause Tracker:

Day | Moment I chose to slow down instead of push | How it felt | What I noticed

Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Reflection:

"When I slow down, the fear that comes up is:"

"The truth I'm learning about slowing down is:"

Part 7 - Teaching Your System to Trust You Again

Re-building Trust Through Small Actions:

"Times my body has sent me signals that I've overridden:"

"What those overrides taught my nervous system about me:"

New Commitments - "When I say I'm tired, I listen"

I commit to stopping at 'I'm at my limit' instead of 'I'll just push a bit more' by:

I commit to resting BEFORE I collapse by:

I commit to taking mini-breaks as non-negotiable by:

Weekly Trust-Building Log:

Day | Signal my body sent | Did I listen? (Y/N) | What I chose instead of override

Mon | | |

Tue | | |

Wed | | |

PsycheBoost by MC | www.psycheboost.com | info@psycheboost.com

In My Subconscious Healing Era

Thu			
Fri			
Sat			
Sun			

Reflection:

"This week, the moment I felt most proud of listening to my body was:"

"One small way my system is starting to trust me more:"

SECTION 4: DAILY MICRO-PRACTICES TOOLKIT

Part 8 - Your Regulation Menu

Choose 1-3 practices to focus on each week.

Practice 1: The 2-Minute Breath Reset

How: Breathe in through nose for count of 4, exhale for 6-8, repeat for 2 minutes.

When I'll practice: _____

Days completed this week: ____ / 7

Practice 2: Slow-Motion Transitions

How: Between tasks, slow movements by 20-30%. Stand, roll shoulders, walk deliberately.

When I'll practice: _____

Days completed this week: ____ / 7

Practice 3: One Honest Check-In

How: Ask "Where am I: amped up, shut down, or present?" Choose one action to move 5% closer to present.

When I'll practice: _____

Days completed this week: ____ / 7

In My Subconscious Healing Era

Practice 4: Micro-Boundaries

How: Say no to one tiny thing your body doesn't have capacity for.

When I'll practice: _____

Days completed this week: ____ / 7

My Custom Practice:

What: _____

When: _____

Days completed this week: ____ / 7

Weekly Reflection:

"The practice that felt most supportive this week was:"

"The practice I resisted most was (and why):"

DAILY PRACTICE LOG (Duplicate for 30-60 days)

Part 9+ - Daily Regulation Practice

Date: ____/____/____ Day #: ____

Morning State Check:

Right now I feel:

- ☐ Amped up (anxious, rushing, wired)
- ☐ Shut down (numb, flat, disconnected)
- ☐ Present enough

Intensity (0-10): ____

One thing I'm noticing in my body:

Today's Regulation Focus:

Which practice am I choosing today?

Mid-Day Check-In:

PsycheBoost by MC | www.psycheboost.com | info@psycheboost.com

In My Subconscious Healing Era

"What do I actually need right now?"

"Did I give myself that? (Y/N)" ____

If no, why not:

Evening Reflection:

One moment today where I noticed myself speeding up:

What I did (or didn't do) in response:

One signal my body sent me today:

Did I listen to it?

One small way I showed my body it can trust me:

Old script that came up:

New script I practiced:

Tonight, I complete this sentence:

"If I never slow down, I abandon myself. If I DO slow down, I..."

Checkbox:

☐ Today, I practiced calm as a skill, not a personality trait.

WEEKLY INTEGRATION & REFLECTION

Weekly Check-In - Week #____

1. "This week, the most common nervous system state I experienced was:"

- ☐ Amped up
- ☐ Shut down
- ☐ Present

Reflect on why:

2. "The practice I was most consistent with:"

3. "The practice I avoided or forgot most:"

Why I think that is:

4. "One breakthrough moment this week:"

5. "A moment my nervous system tried to protect me:"

What it was protecting me from:

6. "Evidence that my system is starting to trust me:"

7. "Something I want to thank my body for this week:"

8. "For next week, I want to focus on:"

Message from My Nervous System:

(Write in first person, as if your body is speaking to you)

"Dear [your name],
This week, I..."

A NEW INNER SCRIPT

Part 10 - Rewriting Your Nervous System Stories

Old Script → New Script Exercise

Example:

Old: "If I slow down, I'll fall behind."

New: "If I never slow down, I abandon myself."

Your Turn - Create at least 5:

Old Script | New Script I'm practicing

PsycheBoost by MC | www.psycheboost.com | info@psycheboost.com

In My Subconscious Healing Era

|

|

Daily Script Practice:

"The new script I want to carry with me this week is:"

"Where I'll post it (mirror, phone, desk, etc.):"

Weekly Tracking:

Day | Old script that came up | New script I practiced instead

Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			
Sun			

Reflection:

"The moment the new script felt most real to me was:"

"One way my life is different when I believe the new script:"

Part 11 - Preparing for Hypnotherapy Support

"Patterns I now see more clearly:"

"Where I feel most stuck, even with these practices:"

"If hypnotherapy could shift one core pattern around regulation for me, it would be:"

"The belief about calm/safety/my body that I most want to change at the subconscious level:"

"How I'd like my nervous system to feel 3-6 months from now:"

"What I want my body to know about me that it doesn't believe yet:"

In My Subconscious Healing Era



YOUR NEXT STEP

If this workbook has helped you recognize patterns but you're ready to work at the deeper, subconscious level:

Bring these pages to your hypnotherapy discovery call.

We'll use your own notes as a map to work directly with your deeper mind, so your nervous system can finally learn that slowing down is safe - and you don't have to run yourself into the ground to be worthy.

In session, we address:

- The subconscious beliefs driving your dysregulation
- Early patterns that taught your system to override itself
- Rewriting safety at the level where logic can't reach
- Building trust between you and your body that lasts

You've done the awareness work. Now let's make it permanent.

Book your free discovery call:

<https://calendly.com/psycheboost-info/30min?month=2026-02>

"You're safe now. I'm not going to run you into the ground anymore."