

Homework this week....

- **Take a minute to reflect on these questions. You can write your answers down, keep them private, or share with the group next week if you feel comfortable. There are no right or wrong answers.**
- **1. When do you feel the safest?**
- Is there a person who makes you feel completely at ease?
- Is there a place where your body naturally relaxes?
- Is it when you're alone, with family, in nature, or with your pets?
- What does safety actually feel like in your body?

Homework...

- **2. Which survival response do you recognize most in yourself?**

Fight: Do you become frustrated, defensive, or need to stay in control?

Flight: Do you stay busy, overthink, avoid situations, or constantly keep moving?

Freeze: Do you shut down, feel stuck, numb, or unable to make decisions?

Fawn: Do you put everyone else's needs before your own, avoid conflict, or have trouble saying no?

Reflection/ Homework

- **What symptoms have you judged that may actually be your body's way of protecting you?**
Think about things like:
- Anxiety
- Panic attacks
- Muscle tension
- Digestive issues
- Fatigue
- Brain fog
- Difficulty sleeping
- Hypervigilance
- People-pleasing
- Avoiding certain places or situations

Homework....

- Did anything surprise you?
- Did you notice a pattern?
- Did you recognize yourself in one of the survival responses?
- What was it like to look at your symptoms as protection instead of something that's "wrong" with you?

Week One Takeaway

- Nothing in your body is malfunctioning.
- Your body is doing exactly what it believes it needs to do.
- Healing begins when your nervous system experiences safety again.
- Let's ground/ shield and protect for the week ahead....