

Nervous System Reclaim Reflection

Reframe your past responses as patterns, not pathology.

When this might help:

- The old stories (“broken”, “too sensitive”) are loud
- You’re rewriting your nervous system story

The practice:

- “What story have I outgrown?”
- “What truth do I want to live into now?”
- “What makes my system brilliant, not broken?”

Gentle fallback: One sentence: “What story have I outgrown?”