

Nervous System Language Guide™

Module 3 — Trauma Changes the Map

Purpose

The nervous system is designed to protect you.

When something feels overwhelming or unsafe, your body responds automatically.

These responses are not choices.

They are survival patterns.

This tool helps translate those responses into simple language so they are easier to understand and recognize.

There is no need to diagnose yourself.

There is no need to fix anything here.

Only awareness.

You may skip any section.

There is no wrong way to complete this.

The Four Common Responses

Fight Response

This may look like:

- irritability
- frustration
- urgency

- feeling “on edge”
- reacting quickly
- feeling easily triggered

In simple terms:

Your system is trying to create safety through control or intensity.

Flight Response

This may look like:

- restlessness
- needing to leave situations quickly
- avoidance
- overworking or staying busy
- difficulty staying present

In simple terms:

Your system is trying to create safety through distance or escape.

Freeze Response

This may look like:

- feeling stuck
- difficulty making decisions
- emotional numbness
- shutdown or exhaustion
- “going blank”

In simple terms:

Your system is pausing to protect itself from overwhelm.

Fawn Response

This may look like:

- people-pleasing
- difficulty saying no
- over-apologizing
- prioritizing others' emotions over your own
- fear of conflict

In simple terms:

Your system is trying to stay safe through connection or agreement.

Part 1 — What Feels Familiar?

Choose any that feel true for you right now.

- fight responses
 - flight responses
 - freeze responses
 - fawn responses
 - a mix of these
 - changes depending on situation
 - I am still noticing patterns
 - I prefer not to answer
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Part 2 — What Helps Me Stabilize?

Choose what feels supportive.

- quiet

- space
 - clear instructions
 - grounding routines
 - safe people
 - slower pacing
 - fewer demands
 - movement
 - rest
 - written communication
 - I am still learning
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Closing Statement Builder

Choose one statement below, or create your own.

- My body is responding to something it learned to survive.
 - These responses are protective, not personal failure.
 - Awareness creates space for choice.
 - I can learn my patterns without judgment.
 - My own statement:
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Gentle Reminder

Your nervous system is not working against you.

It is working for you.

Even when it feels confusing.

Especially then.

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