

# Calm & Resilient: Nervous System Mastery

LEARN THE SCIENCE AND DAILY  
HABITS TO MOVE FROM SURVIVAL  
MODE TO CALM, GROUNDED LIVING



# Attachment as a Nervous System Adaptation

## Post-Listening Reflection Prompts

### Part 1 - Awareness

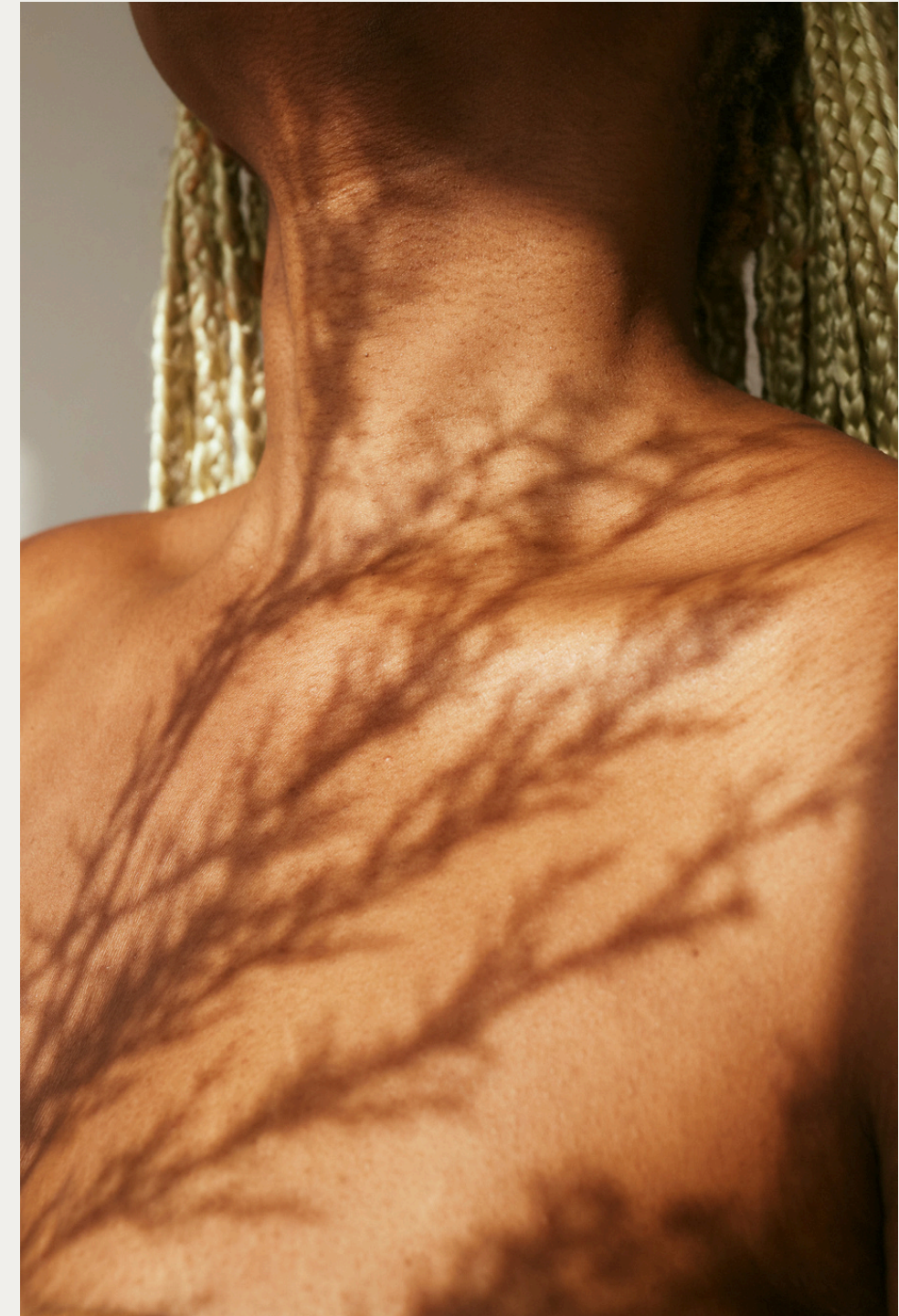
- Which attachment style do I resonate with most?
- When did I first notice these patterns?
- How do I behave when I feel emotionally unsafe?

### Part 2 - Relationship Patterns

- What types of partners/friends have I been drawn to?
- Do I feel calm or activated in love?
- Have I confused intensity for connection?

### Part 3 - Conflict & Communication

- How do I react during conflict?
- Do I pursue, withdraw, or shut down?
- What am I afraid will happen in conflict?



# Attachment as a Nervous System Adaptation

## Part - Nervous System Insight

- What sensations do I feel when I'm triggered relationally?
- Where do I feel it in my body?
- How long does it take me to regulate?

## Part 5 - Familiarity vs Safety

- What feels familiar but not safe?
- What feels safe but unfamiliar?
- Have I mistaken anxiety for chemistry?

## Part 6 - Healing Direction

- What would secure attachment look like for me?
- What behaviours would change?
- What support do I need to move toward security?

## Part 7 - Integration Commitment

*Complete this sentence:*

*"To move toward secure attachment, I will begin by..."*

