

Nervous System Mapping Worksheet

Understanding your personal patterns

Your Current State Assessment

Right now, in this moment:

Circle where you are:

- **Green Zone** (Safe and Social): Calm, present, able to think clearly
- **Yellow Zone** (Fight or Flight): Anxious, irritable, urgent, reactive
- **Red Zone** (Freeze/Shutdown): Numb, overwhelmed, checked out, hopeless

Physical sensations I notice:

- Shoulders: Relaxed / Tense / Painful
- Breathing: Deep and easy / Shallow / Holding breath
- Jaw: Relaxed / Clenched / Grinding
- Stomach: Calm / Butterflies / Tight / Nauseous
- Heart rate: Normal / Racing / Can't feel it

Thoughts running through my head:

- ☐ Problem-solving thoughts
- ☐ Worried "what if" thoughts

- ☐ Critical self-judgment
- ☐ Blank/empty mind
- ☐ Racing thoughts
- ☐ Catastrophic thinking

Your Trigger Mapping

I tend to move into Yellow Zone when:

- ☐ Running late for anything
- ☐ Child has public meltdown
- ☐ Partner doesn't understand
- ☐ School calls/emails
- ☐ Comparing to other children
- ☐ Feeling judged by others
- ☐ Medical appointments
- ☐ Therapy sessions
- ☐ Family gatherings
- ☐ Other: _____

I move into Red Zone when:

- ☐ Multiple triggers happen at once
- ☐ I've been in Yellow Zone too long
- ☐ I feel completely helpless
- ☐ Someone criticises my child

☐ I think "I can't do this anymore"

☐ Everything feels hopeless

☐ Other: _____

Early warning signs I'm leaving Green Zone:

Physical: _____

Emotional: _____

Behavioural: _____

Your Recovery Patterns

What helps me get back to Green Zone:

☐ Physical movement (walk, stretch, dance)

☐ Breathing techniques

☐ Fresh air

☐ Hot drink

☐ Talking to trusted friend

☐ Crying (yes, this helps)

☐ Shower/bath

☐ Music

☐ Prayer/meditation

☐ Sleep

☐ Food (what kind: _____)

☐ Time alone

☐ Cuddles with child/partner

☐ Other: _____

How long does it usually take me to recover:

- From Yellow Zone: _____ minutes/hours
- From Red Zone: _____ hours/days

What makes recovery harder:

- ☐ Feeling guilty about my reaction
- ☐ Others commenting on my state
- ☐ Multiple demands continuing
- ☐ No time/space to recover
- ☐ Criticism from partner/family
- ☐ Physical exhaustion
- ☐ Other: _____

Your Child's Patterns

When I'm in Green Zone, my child:

When I'm in Yellow Zone, my child:

When I'm in Red Zone, my child:

My child seems most regulated when I:

Your Personalised Plan

My top 3 triggers to watch for:

1.

2.

3.

My most effective recovery tools:

1.

2.

3.

One thing I commit to trying this week:

Who can I ask for support when I need it:

Weekly Reflection Questions

This week I noticed:

- My most common zone was: _____
- My biggest trigger was: _____
- What helped most was: _____
- I want to remember: _____
- Next week I'll try: _____

Important Reminders

- All zones are normal human experiences
- Green Zone isn't about being perfect
- Moving between zones is natural
- Recovery is always possible
- Your awareness is already healing

This is a living document. Update it as you learn more about your patterns.