

3 SIMPLE STEPS TO MAKING CHANGE

THE R.U.D® PROCESS

BY YASMIN SHAHEEN-ZAFFAR
WWW.POLYVAGALTEEN.COM

RECOGNISE

Step 1

Begin to get to know your nervous system by recognising your

- states
- stories
- sensations

which are linked to your behaviours. Use the States Trackers, the story board & the my sensations worksheets to help track and start to explore with curiosity and identify repeating patterns or behaviours.

UNDERSTAND

Step 2

Understand & unravel how our behaviours and patterns impact you by always using gentle curiosity .. no judgement ... to explore 3 key question:

- What gets me here?
- What keeps me here?
- What takes me out of here?

You can use the worksheets, the Polyvagal Teen® Track and cards to help you do this. Be curious - are there any other questions you need to explore?

DIFFUSE

Step 3

Once you have brought into your awareness how your nervous system reacts to stimuli/ encounters/ stresses/ activators you can begin to work on developing strategies for diffusing those uncomfortable feelings.

Whilst also developing strategies for prevention & grounding which are unique to yourself.

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改变的 3 个简单步骤

R.U.D® 流程

通过 [YASMIN SHAHEEN-ZAFFAR](mailto:YASMIN.SHAHEEN-ZAFFAR)
WWW.POLYVAGALTEEN.COM

RECOGNISE

认出

步骤1

通过识别您的神经系统开始了解您的神经系统

状态

故事

感觉

这与您的行为有关。使用状态跟踪器、故事板和我的感觉工作表来帮助跟踪并开始好奇地探索并识别重复的模式或行为。

UNDERSTAND

理解

第2步

始终使用温和的好奇心来理解和阐明我们的行为和模式如何影响您..没有判断力...探索 3 个关键问题:

是什么让我来到这里?

是什么让我留在这里?

是什么让我离开这里?

您可以使用工作表、Polyvagal Teen® Track 和卡片来帮助您做到这一点。保持好奇——您是否还有其他问题需要探索?

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DIFFUSE

扩散

步骤 3

一旦你意识到你的神经系统如何对刺激/遭遇/压力/激活因素做出反应，你就可以开始制定策略来分散那些不舒服的感觉。

同时还制定了您自己独有的预防和接地策略。