

3 SIMPLE STEPS TO MAKING CHANGE

THE R.U.D® PROCESS

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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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RECOGNISE

NGENALI

Langkah 1

Mulai ngerti sistem saraf sampeyan kanthi ngenali sampeyan negara
crita
sensasi

kang digayutake karo tindak-tandukmu. Gunakake Pelacak Negara, papan crita & lembar kerja sensasiku kanggo mbantu nglacak lan miwiti njelajah kanthi penasaran lan ngenali pola utawa prilaku sing bola-bali.

UNDERSTAND

MANGERTOS

Langkah 2

Ngerti & mbongkar carane prilaku lan pola kita mengaruhi sampeyan kanthi tansah nggunakake rasa penasaran sing lembut .. ora ana pertimbangan ... kanggo njelajah 3 pitakonan utama:

Apa sing ndadekake aku kene?
Apa sing njaga aku ing kene?
Apa sing nggawa aku metu saka kene?

Sampeyan bisa nggunakake lembar kerja, Track Polyvagal Teen® lan kertu kanggo mbantu sampeyan nindakake iki. Penasaran - apa ana pitakonan liyane sing kudu diteliti?

DIFFUSE

NYEBAR

Langkah 3

Sawise sampeyan ngerti carane sistem saraf sampeyan nanggepi stimulus / ketemu / stres / aktivator, sampeyan bisa miwiti ngembangake strategi kanggo nyebarake rasa ora nyaman kasebut.

Nalika uga ngembangake strategi kanggo nyegah & grounding sing unik kanggo sampeyan dhewe.