

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.

Copyright Polyvagal Teen® 2023

3 LÉNGKAH BASAJAN PIKEUN NYIEUN PAROBAHAN

PROSÉS R.U.D®

KU YASMIN SHAHEEN-ZAFFAR
WWW.POLYVAGALTEEN.COM

RECOGNISE MIKAWANOH

Langkah 1

Mimitian terang sistem saraf anjeun ku ngakuan anjeun nagara bagian carita sensasi

nu numbu ka paripolah Anjeun. Anggo Pelacak Amérika Serikat, papan carita & lembar kerja sensasi kuring pikeun ngabantosan ngalacak sareng ngamimitian ngajalajah kalayan rasa panasaran sareng ngaidentifikasi pola atanapi paripolah anu ngulang deui.

UNDERSTAND NGARTI

Langkah 2

Ngartos & ngabongkar kumaha paripolah sareng pola urang mangaruhan anjeun ku salawasna ngagunakeun rasa panasaran anu lembut .. henteu aya pertimbangan ... pikeun ngajalajah 3 patarosan konci:

Naon meunang kuring di dieu?
Naon anu ngajaga kuring di dieu?
Naon nyandak kuring kaluar ti dieu?

Anjeun tiasa nganggo lembar kerja, Polyvagal Teen® Track sareng kartu pikeun ngabantosan anjeun ngalakukeun ieu. Panasaran - naha aya patarosan sanés anu anjeun kedah jelajah?

DIFFUSE KASEBAR

Langkah 3

Sakali anjeun parantos sadar kumaha sistem saraf anjeun ngaréspon kana rangsangan / patepang / setrés / aktivator anjeun tiasa ngamimitian ngerjakeun strategi pikeun nyebarkeun parasaan anu teu pikaresepeun.

Samentara éta ogé ngembangkeun strategi pikeun pencegahan & grounding anu unik pikeun diri anjeun.

Hak Cipta Polyvagal Teen® 2023