

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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HATUA 3 RAHISI ZA KUFANYA MABADILIKO

MCHAKATO WA R.U.D®

RECOGNISE KUTAMBUA

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Hatua ya 1

Anza kujua mfumo wako wa neva kwa kutambua yako
majimbo
hadithi
hisia

ambayo yanahusishwa na tabia yako. Tumia Wafuatiliaji wa Mataifa, ubao wa hadithi na lahakazi za hisia zangu ili kusaidia kufuatilia na kuanza kuchunguza kwa udadisi na kutambua mifumo au mienendo inayojirudia.

UNDERSTAND KUELEWA

Hatua ya 2

Elewa na ufunue jinsi tabia na mifumo yetu inavyokuathiri kwa kutumia udadisi wa upole kila wakati .. bila uamuzi ... kuchunguza swali 3 muhimu:

Ni nini inanipata hapa?
Ni nini kinaniweka hapa?
Ni nini kinaniondoa hapa?

Unaweza kutumia laha za kazi, Wimbo wa Polyvagal Teen® na kadi ili kukusaidia kufanya hivi. Kuwa na hamu ya kujua - kuna maswali mengine yoyote unahitaji kuchunguza?

DIFFUSE KUENEZA

Hatua ya 3

Mara tu unapoleta ufahamu wako jinsi mfumo wako wa neva unavyoitikia kwa vichocheo/mikutano/mifadhaiko/ vianzishaji unaweza kuanza kufanyia kazi mikakati ya kueneza hisia hizo zisizofurahi.

Huku pia ukitengeneza mikakati ya kuzuia na kuweka msingi ambayo ni ya kipekee kwako.

Hakimiliki ya Polyvagal Teen® 2023