

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 and sensations linked to your behaviours.

Use the States Trackers, the story board & the my sensations worksheets to help track & start to explore & identify repeating patterns or behaviours.

UNDERSTAND

Step 2

Understand & unravel how our behaviours & patterns impact us by using curiosity to explore 3 key question:

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

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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 develop strategies for prevention & grounding.