

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 CHAM SYML AT WNEUD NEWID Y BROSES R.UD®

GAN YASMIN SHAHEEN-ZAFFAR
WWW.POLYVAGALTEEN.COM

RECOGNISE

ADNABOD

Cam 1

Dechreuwch ddod i adnabod eich system nerfol trwy adnabod eich taleithiau
straeon
synwyr

sy'n gysylltiedig â'ch ymddygiad. Defnyddiwch y States Trackers, y bwrdd stori a thafleini gwaith Fy synhwyr i helpu i olrhain a dechrau archwilio gyda chwilfrydedd a nodi patrymau neu ymddygiadau sy'n ailadrodd.

UNDERSTAND DEALL

Cam 2

Deall a datrys sut mae ein hymddygiad a'n patrymau yn effeithio arnoch chi trwy ddefnyddio chwilfrydedd ysgafn bob amser .. dim barn ... i archwilio 3 chwestiwn allweddol:

Beth sy'n fy nghael i yma?
Beth sy'n fy nghadw i yma?
Beth sy'n mynd â fi allan o fan hyn?

Gallwch ddefnyddio'r tafleini gwaith, y Polyvagal Teen® Track a chardiau i'ch helpu i wneud hyn. Byddwch yn chwilfrydig - a oes unrhyw gwestiynau eraill y mae angen i chi eu harchwilio?

Hawlfraint Polyvagal Teen®

DIFFUSE GWASGAREDIG

Cam 3

Unwaith y byddwch wedi dod yn ymwybodol o sut mae eich system nerfol yn ymateb i ysgogiadau/cyfarfyddiadau/ straeon/ysgogwyr gallwch ddechrau gweithio ar ddatblygu strategaethau ar gyfer gwasgaru'r teimladau anghyfforddus hynny.

Tra hefyd yn datblygu strategaethau atal a sylfaen sy'n unigryw i chi'ch hun.

Hawlfraint Polyvagal Teen® 2023