

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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INQUBO YE-R.U.D®

RECOGNISE

BONA

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Isinyathelo 1

Qala ukwazi isimiso sakho sezinzwa ngokubona isimo sakho
uthi
izindaba
imizwa

ezihambisana nokuziphatha kwakho. Sebenzisa ama-States Trackers, ibhodi lezindaba kanye namakhasi okusebenzela emizwa yami ukusiza ukulandelela nokuqala ukuhlola ngelukuluku nokuhlonda amaphethini aphindayo noma ukuziphatha.

UNDERSTAND

QONDA

Isinyathelo sesi-2

Qonda futhi uveze ukuthi ukuziphatha kwethu namaphethini kukuthinta kanjani ngokuhlala usebenzisa ilukuluku elimnene .. akukho ukwahlulela ... ukuze uhlole umbuzo obalulekile ongu-3:

Ngibekwa yini lapha?
Yini engigcina ngilapha?
Yini engikhipha lapha?

Ungasebenzisa amaphepha okusebenzela, i-Polyvagal Teen® Track namakhadi ukuze ukusize wenze lokhu. Yiba nelukuluku - ingabe ikhona eminye imibuzo okudingeka uyihlole?

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DIFFUSE

SABALALISA

Isinyathelo sesi-3

Uma usuwazisile ukuthi isimiso sakho sezinzwa sisabela kanjani ekuvuseleleni / ukuhlangabezana / nokucindezeleka / izivuseleli ungaqala ukusebenzela ekuthuthukiseni amasu okusabalalisa leyo mizwa engakhululekile.

Ngenkathi futhi uthuthukisa amasu okuvikela nokuqinisa ahlukile kuwena.