

BUILD BETTER BONDS WITH MY TEEN & THEIR ADHD

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 through routine 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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DAY 1

Recognising States Worksheet

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DAY 1 CHALLENGE - MY POLYVAGAL TEEN® STATES TRACKER

mark, write or colour which state you were/ are in, this can be done at the end of the day. If you prefer you can screenshot this worksheet and use it on your phone to track your state.

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NAME & DATE



Safe & Social

Being & Doing
peaceful, calm, safe,
creative, curious,
joyous, connected.

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Mobilise

Being & Doing
frustrated, angry,
shouting, hitting,
breaking, throwing,
annoyed, avoidant,



Immobilise

Being & Doing
depressed, lethargic,
frozen, collapsed,
fainting, dissociated

6.00



7.00



8.00



9.00



10.00



11.00



12.00



13.00



14.00



15.00



16.00



17.00



18.00



19.00



20.00



21.00



22.00



23.00



24.00



1.00



2.00



3.00



4.00



5.00



YOUR MOST MEMORABLE TIME TODAY & WHY?