

BUILD BETTER BONDS WITH MY TEEN & THEIR ADHD

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 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 2

Recognising States

& Stories

Worksheet

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DAY 2 CHALLENGE - MY POLYVAGAL TEEN® STATES & STORIES

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.

NAME & DATE

Polyvagal Teen® Copyright 2022



Safe & Social

Being & Doing

peaceful, calm, safe, creative, curious, joyus, connected.

Polyvagal Teen® Copyright 2022



Mobilise

Being & Doing

frustrated, angry, shouting, hitting, breaking, throwing, annoyed, avoidant,



Immobilise

Being & Doing

depressed, lethargic, frozen, collapsed, fainting, dissociated

6.00

THE STORY I TOLD MYSELF



7.00

THE STORY I TOLD MYSELF



8.00

THE STORY I TOLD MYSELF



9.00

THE STORY I TOLD MYSELF



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shouting, hitting,
breaking, throwing,
annoyed, avoidant,



Immobilise

Being & Doing

depressed, lethargic,
frozen, collapsed,
fainting, dissociated

10.00

THE STORY I TOLD MYSELF



11.00

THE STORY I TOLD MYSELF



12.00

THE STORY I TOLD MYSELF



13.00

THE STORY I TOLD MYSELF



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14.00

THE STORY I TOLD MYSELF



15.00

THE STORY I TOLD MYSELF



16.00

THE STORY I TOLD MYSELF



17.00

THE STORY I TOLD MYSELF



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18.00

THE STORY I TOLD MYSELF



19.00

THE STORY I TOLD MYSELF



20.00

THE STORY I TOLD MYSELF



21.00

THE STORY I TOLD MYSELF



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22.00

THE STORY I TOLD MYSELF



23.00

THE STORY I TOLD MYSELF



24.00

THE STORY I TOLD MYSELF

