

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?

Copyright Polyvagal Teen®

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.

DAY 3

Recognising States & Stories & Sensations Worksheet

DAY 3 Build Better Bonds With My Teen Challenge

Sensations in my Body

Connecting with the sensations in your body is important because it helps you become more aware of your emotional and physiological states. By tuning into your body, you can identify signs of stress, tension, or discomfort before they escalate into conflict. This self-awareness allows you to take proactive steps to regulate your emotions and prevent conflicts from arising.

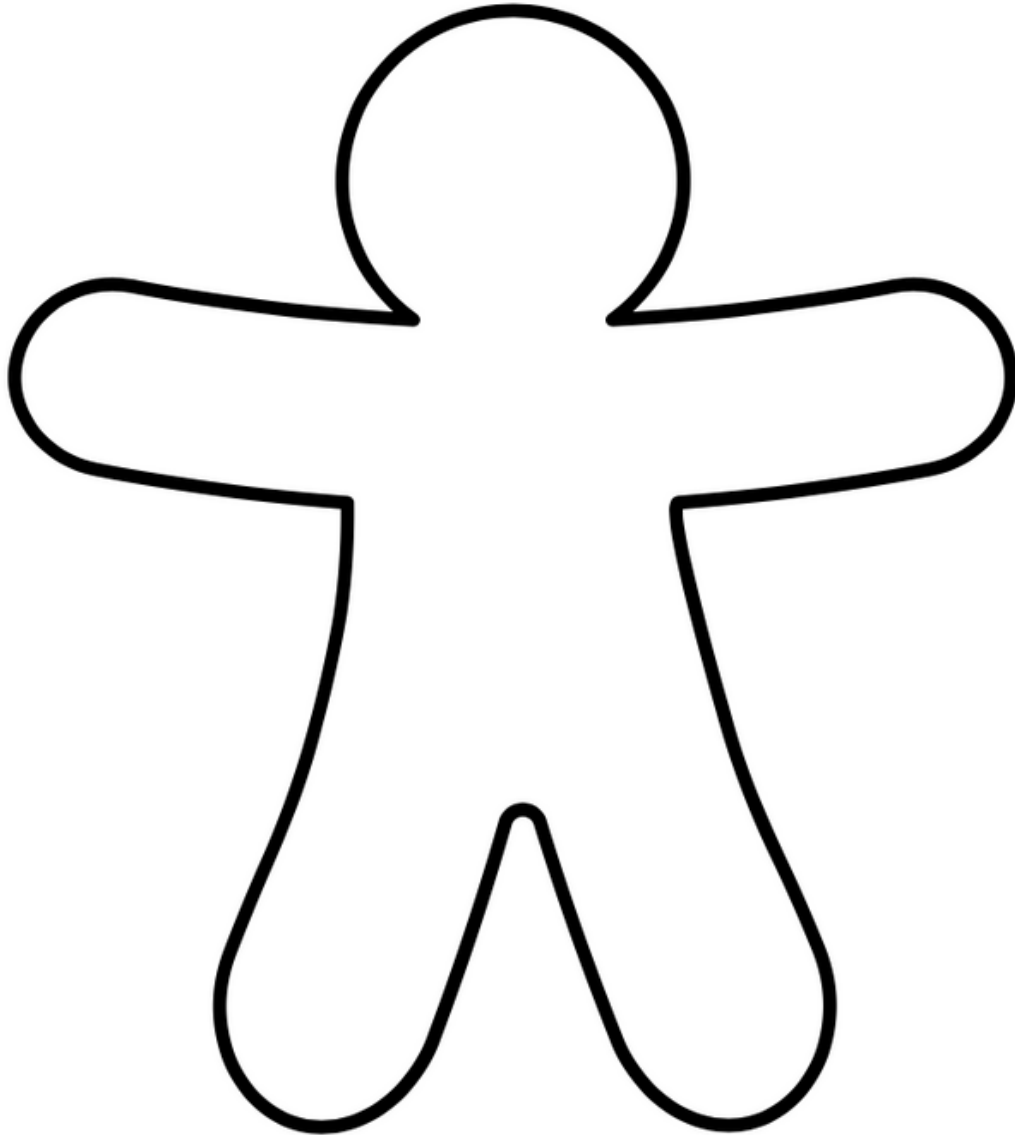
When you connect with the sensations in your body, you gain valuable information about your own emotional state and can better understand how it may be impacting your interactions with others. This awareness enables you to respond to conflicts more effectively and empathetically.

By recognizing your own triggers and signs of distress, you can take intentional steps to self-soothe, calm yourself, and approach the situation with a clearer and more balanced mindset. This can help de-escalate tensions and promote healthier communication, fostering a more harmonious and cooperative environment.

Day 3 Instructions

1. Take a look at your states tracker over the past few days (the information you have gathered).
2. Choose one memorable "event" or "encounter" that you have tracked.
3. Use the sensations worksheet gingerbread person worksheet and doodle or colour in the different sensations you experienced in your body that you can remember. Trying to become aware have any sensations you may have felt before that just before the event/ encounter during the event/ encounter and after event/ encounter.

SENSATIONS & MY BODY



**COLOUR/ DOODLE/ SCRIBBLE TO SHOW DIFFERENT SENSATIONS INSIDE & OUTSIDE - FEEL
FREE TO USE DIFFERENT COLOURS & TEXTURE**

SENSATIONS IN MY BODY?

ELECTRIC

INTENSE

COSY

PUFFY

FLUFFY

ELASTIC

BOUNCY

SQUIDGY

SQISHY

TICKLY

JUMBLY

STRETCHY

TWITCH

KICK

FUZZY

FLUTTERY

STICKY

BUZZY

SPONGY

FEATHERY

FLIMSY

STEELY

FLEXIBLE

SLUSHY

ICY

FOGGY

FLOATY

POINTY

PRICKLY

CREAKY

TOXIC

BURNING

RAW

FIREY

KNOTTED

THROBBING

ITCHY

SHIMMERY

FLOWING

STILL

BUBBLY

BUZZY

MELTING

PINCHING

**IF I FEEL UNSAFE .. MY BODY
LETS ME KNOW**

DAY 3 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



DAY 3 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

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



DAY 3 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

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



DAY 3 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

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



DAY 3 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

22.00

THE STORY I TOLD MYSELF



23.00

THE STORY I TOLD MYSELF



24.00

THE STORY I TOLD MYSELF

