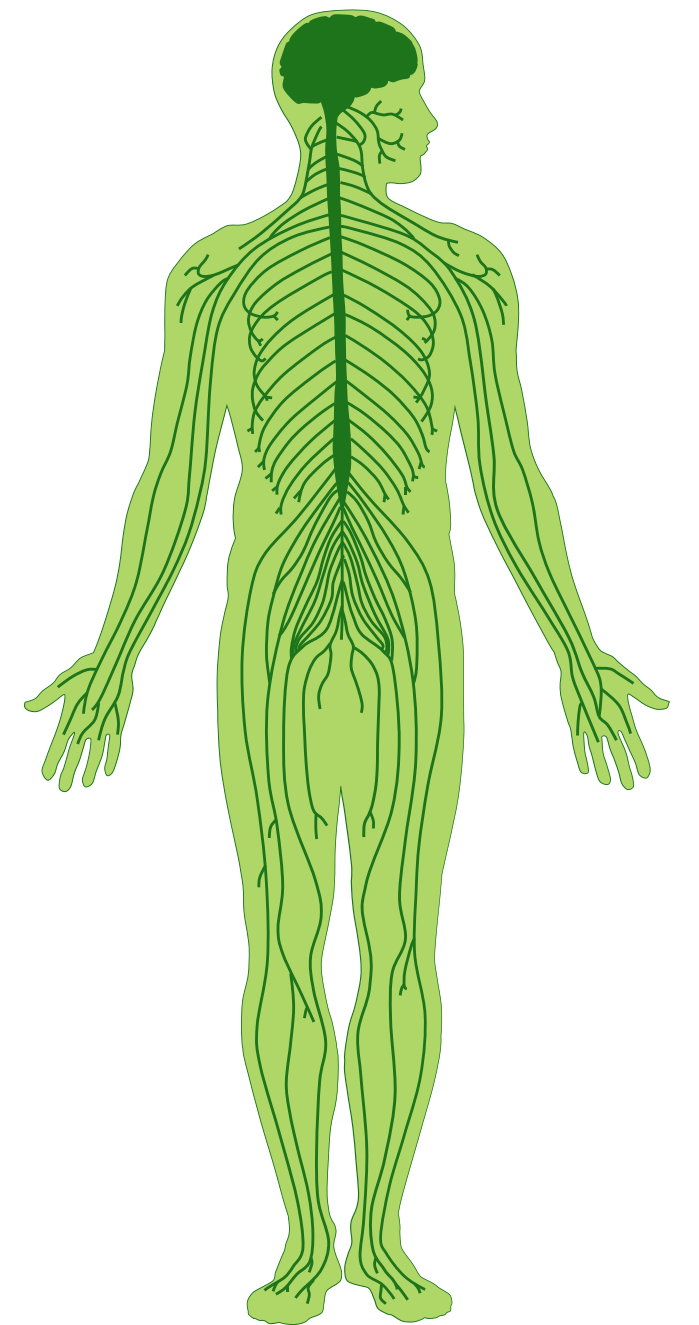


# NERVOUS SYSTEM CHECKLIST

BY: DR. NICOLE LEPERA THE HOLISTIC PSYCHOLOGIST

## CONNECTOR MODE (SAFE & SOCIAL RESPONSE)

I notice myself feeling calm, safe, and open to engaging or connecting with someone or something around me. I'm curious and able to see things from a different perspective, hold space for complexity and contradiction, and remain grounded and responsive to whatever arises.



## BODY:

- \_\_\_\_\_ I feel physically awake, relaxed, and alert.
- \_\_\_\_\_ My body posture is open, relaxed, and at ease, with my arms hanging loosely alongside my body.
- \_\_\_\_\_ I'm breathing slowly and deeply from my belly.
- \_\_\_\_\_ My heart is beating calmly.
- \_\_\_\_\_ I feel peaceful and relaxed in my body.
- \_\_\_\_\_ I am able to make eye contact with those around me.

## MIND:

- \_\_\_\_\_ I can think clearly and plan for the future.
- \_\_\_\_\_ I am open to and curious about others and the world around me.
- \_\_\_\_\_ I am in flow with my interests or passions and able to access my unique creativity.

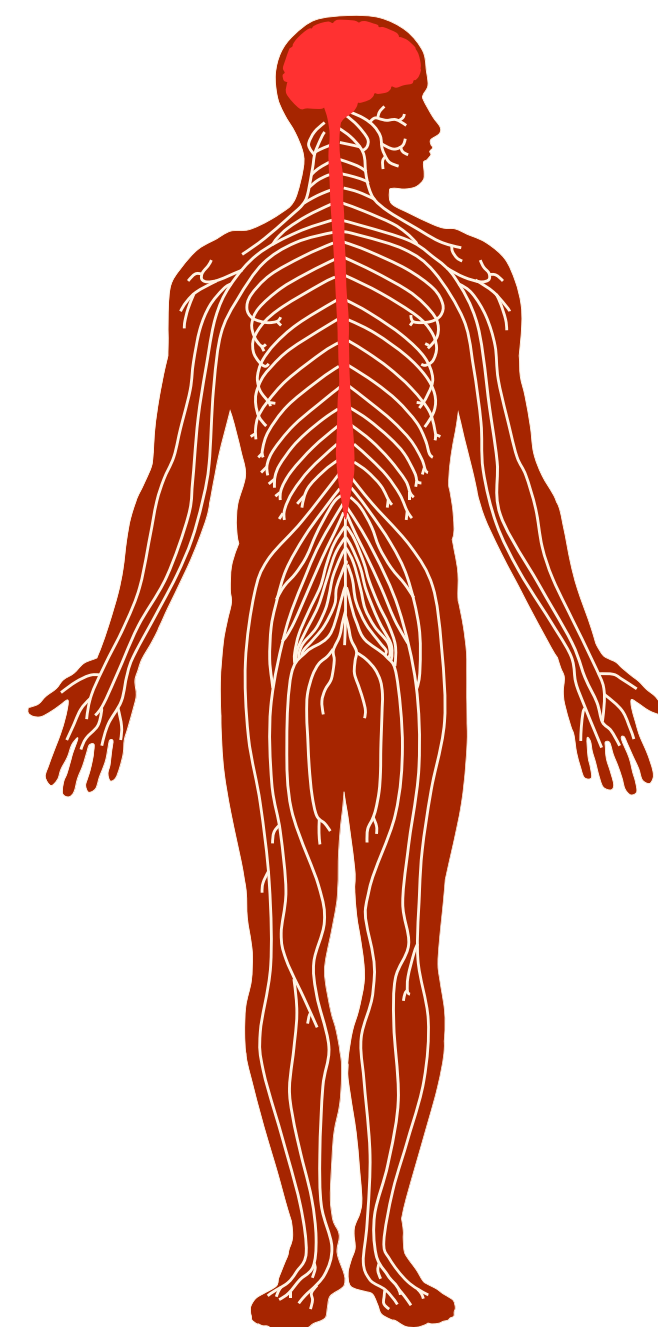
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# NERVOUS SYSTEM CHECKLIST

BY: DR. NICOLE LEPERA  
THE HOLISTIC PSYCHOLOGIST

## ERUPTOR MODE (FIGHT RESPONSE)

I notice myself taking things personally, becoming overly defensive, dominating the conversation, arguing with others, feeling angry or enraged, harboring resentment, holding grudges, or nursing vendettas. I may bully, shame, belittle, or become highly critical or judgmental of myself or others.



## BODY:

- \_\_\_\_\_ I feel unable to relax and may feel uncomfortable, unsettled, agitated, or anxious.
- \_\_\_\_\_ My heart is racing.
- \_\_\_\_\_ My body is sweating or shaking, and my shoulders may be squared or my chest puffed out.
- \_\_\_\_\_ I'm breathing quickly and shallowly, from my chest (instead of from deep in my belly).
- \_\_\_\_\_ My muscles (in my jaw, neck, upper back, psoas) are tense, and my hands and fists may be clenched.
- \_\_\_\_\_ I'm talking loudly, maybe even screaming or yelling.
- \_\_\_\_\_ My eyes are hyper-focused or fixated on something or someone in my immediate environment ("tunnel vision").

## MIND:

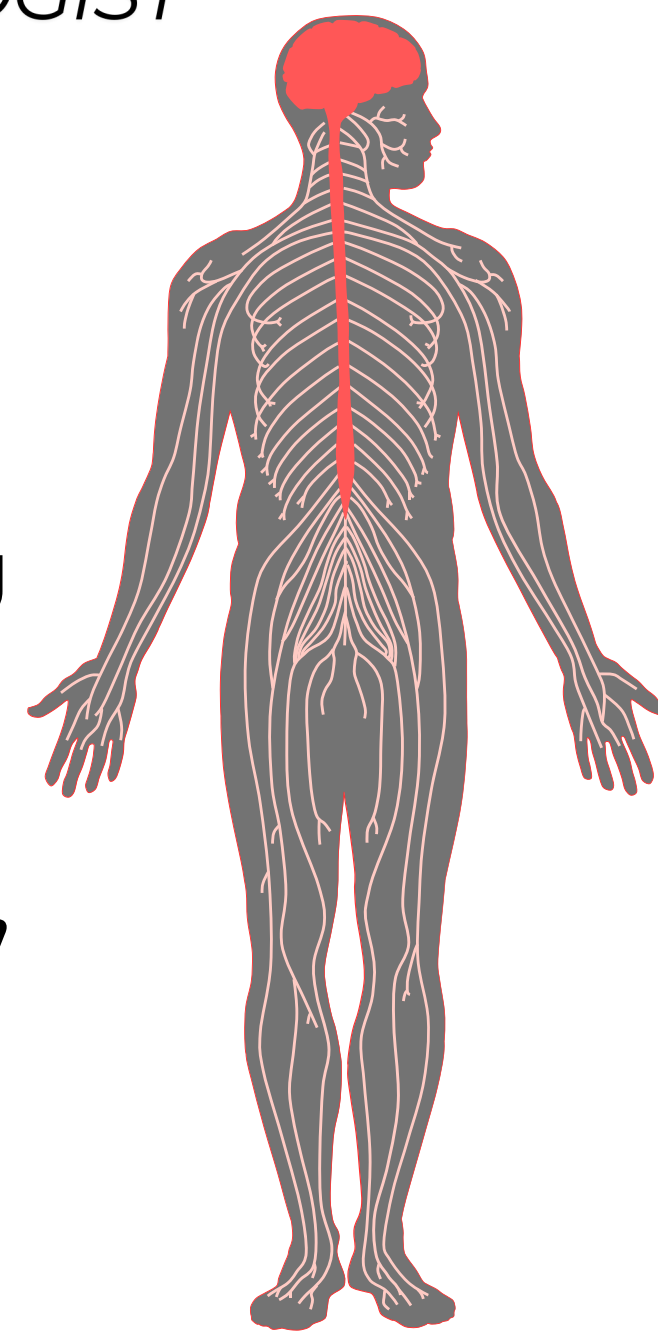
- \_\_\_\_\_ My thoughts (about myself or others) are highly critical.
- \_\_\_\_\_ My thoughts are highly emotional and may even be stuck in all-or-nothing loops (like repeatedly thinking "I am a total failure" or "they are completely wrong" in response to a stressful or upsetting event).

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# NERVOUS SYSTEM CHECKLIST

BY: DR. NICOLE LEPERA THE HOLISTIC PSYCHOLOGIST

## DISTRACTOR MODE (FLIGHT RESPONSE)



I notice myself retreating into my thoughts or attempting to escape through my work or to-do list or by eating, drinking, or using other substances. I change the subject or leave uncomfortable conversations or hide from, avoid, or “ghost” others when I perceive for fear of an upset or conflict.

## BODY:

- \_\_\_\_\_ I feel unable to relax and may feel uncomfortable, unsettled, agitated, or anxious.
- \_\_\_\_\_ My heart is racing.
- \_\_\_\_\_ My body is sweating or shaking, and my posture may be hunched (so I look smaller) or feel as though I want to retreat into the background.
- \_\_\_\_\_ I’m breathing quickly and shallowly, from my chest (instead of from deep in my belly).
- \_\_\_\_\_ My muscles (in my jaw, neck, upper back, psoas) are generally tense and maybe trembling or shaking.
- \_\_\_\_\_ I may not be talking much, maybe talking at a low volume, or maybe rambling or trying to change the subject of the conversation.
- \_\_\_\_\_ My eyes are distracted or I’m avoiding eye contact with my immediate environment altogether and they’re fixated elsewhere (i.e., like on my phone or TV screen).

## MIND:

- \_\_\_\_\_ My thoughts are racing, and I may have difficulty concentrating on tasks or thinking clearly and critically.
- \_\_\_\_\_ My thoughts are hyper-fixed on a certain subject, topic, or issue.

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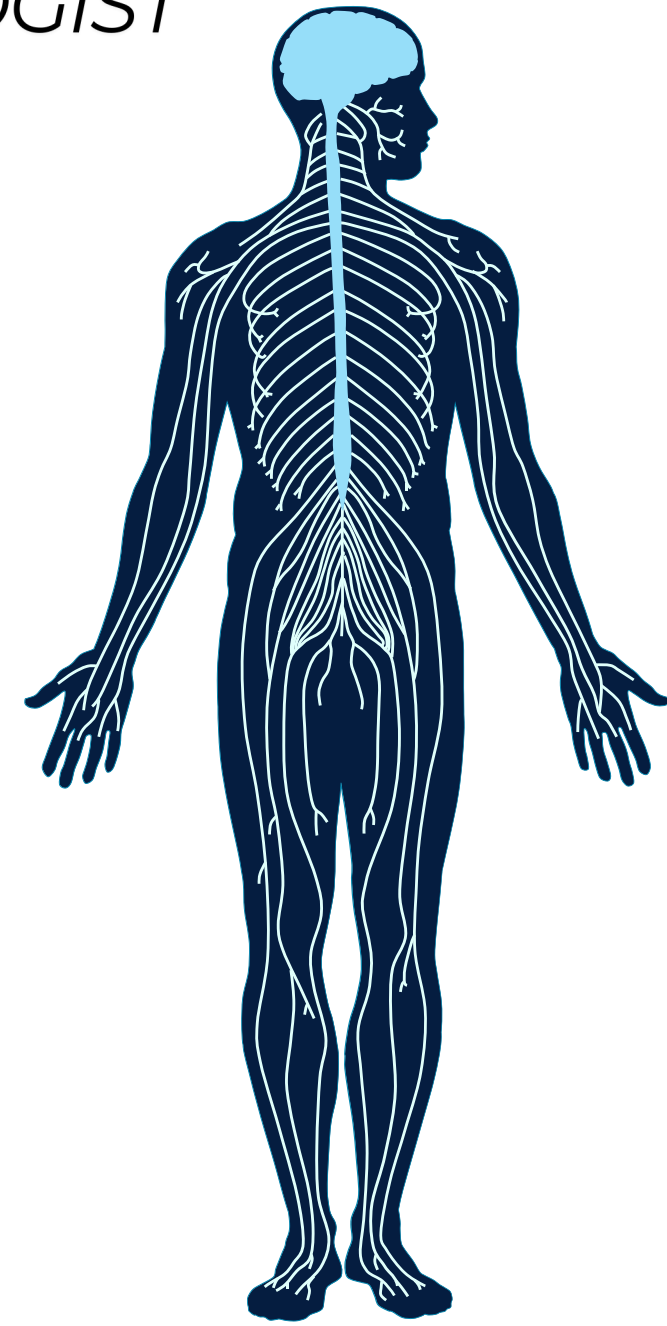
# NERVOUS SYSTEM CHECKLIST

BY: DR. NICOLE LEPERA THE HOLISTIC PSYCHOLOGIST

## DETATCHER MODE

### (FREEZE OR SHUTDOWN RESPONSE)

I notice myself shutting down, checking out, or disconnecting entirely, I feel numb or empty. My mind feels blank, and I struggle to connect with my thoughts or feelings or verbalize them to others.



## BODY:

- \_\_\_\_\_ I feel generally detached or apathetic and may even feel depressed, hopeless, despairing, or unmotivated.
- \_\_\_\_\_ My heartbeat is slowed or imperceptible.
- \_\_\_\_\_ My body may be cold or numb and is generally shrunken, and my head may hang low.
- \_\_\_\_\_ I'm breathing from a constricted chest and may even be holding my breath or feel an overall stiffness in my midsection.
- \_\_\_\_\_ My muscles are generally weak and feel fatigued or heavy.
- \_\_\_\_\_ I feel physically exhausted, energetically depleted, or mostly numb and unable to feel any emotions or physical sensations at all.
- \_\_\_\_\_ I may be silent or my speech is flat, monotone, or forced (I'm nodding or giving one-word responses.)
- \_\_\_\_\_ My eyes have a blank or far-off stare.

## MIND:

- \_\_\_\_\_ I feel spaced out and may feel unsure of what is real versus imagined.
- \_\_\_\_\_ My mind feels blank, and I may have difficulty concentrating on tasks or thinking clearly and critically.

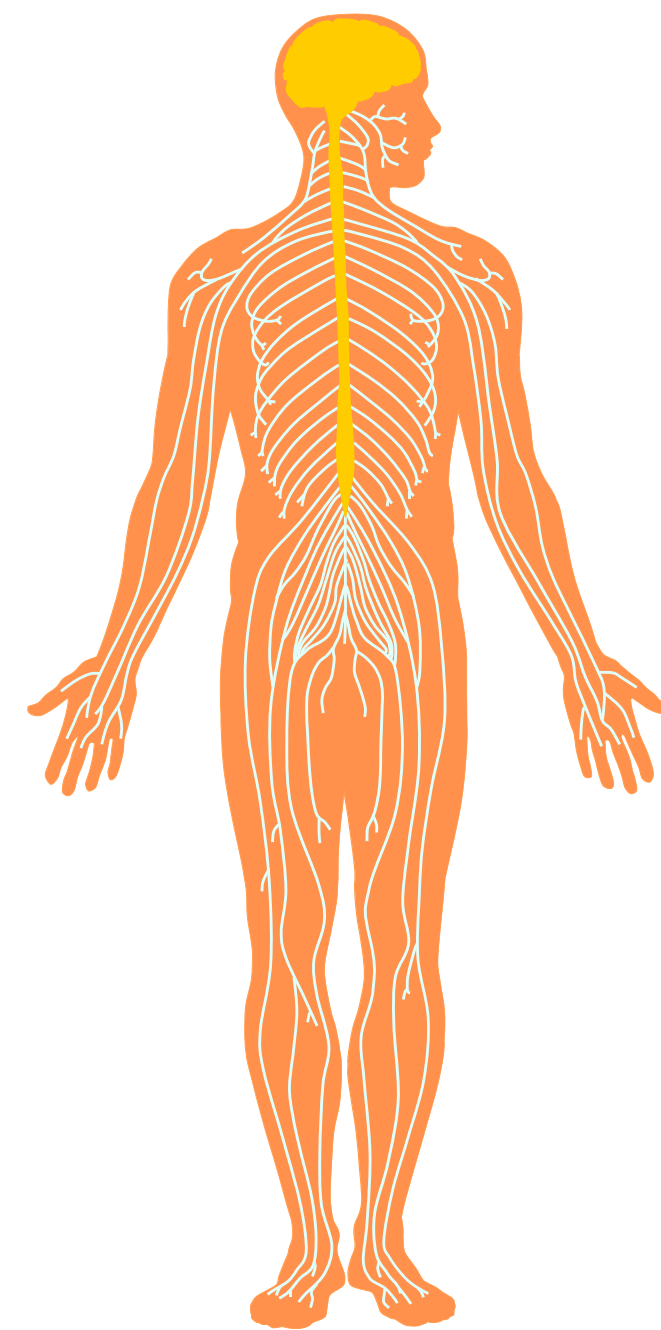
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# NERVOUS SYSTEM CHECKLIST

BY: DR. NICOLE LEPERA THE HOLISTIC PSYCHOLOGIST

## PLEASE MODE (FAWN RESPONSE)

I'm fixated on the physical or emotional states of others and may even take full responsibility for anticipating their needs, feelings, or actions. I regularly notice myself over-explaining or defending my thoughts, feelings, or choices to others.



## BODY:

- \_\_\_\_\_ I'm disconnected from my body and often have difficulty noticing how I feel.
- \_\_\_\_\_ My attention is hyper-focused on others or the environment around me.
- \_\_\_\_\_ My breathing may mirror that of people with whom I'm spending time.
- \_\_\_\_\_ My energy may reflect the energy of others around me or my environment.
- \_\_\_\_\_ My eyes are constantly scanning someone or something in my external environment.

## MIND:

- \_\_\_\_\_ My attention is always on the lookout for the next possible issue ("waiting for the other shoe to drop").
- \_\_\_\_\_ I'm distracted by thoughts or worries about others being mad or upset with me or concerns about external circumstances in general.

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