



7 DAY NERVOUS SYSTEM AWARENESS TRACKER

STATES: V=Ventral | S=Sympathetic | D=Dorsal | M=Mixed

TRIGGERS: Sit=Situational | Rel=Relational | Env=Environmental | Int=Internal

SETTLED: 1 (Low) to 5 (High)

Day	State	Sensations	Trigger	What Happened?	Old Urge/Pattern	Reg. Tool	Co-Reg.	Glimmer
1								
2								
3								
4								
5								
6								
7								

End of Week Reflection Prompt	
Most common state & trigger type	
Most common coping pattern noticed	
Which tools (Reg/Co-Reg) helped most?	
Glimmers noticed most often	
What helped me return to safety?	
What felt hardest? / One thing for next week	

TOOLBOX REMINDERS

Regulation: Orienting, Grounding, Long Exhales, Humming, Movement, Hand on Heart, Pause.

Co-Regulation: Safe Person/Animals, Hug, Nature, Walking together, Music, Body Doubling.