

THE PIVOT

Reference Guide

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Practical Natural Wellness

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Your post-course companion. Come back any time you need a quick reminder of the concepts from The Pivot — nervous system states, your pattern, acupressure points, and when to rewatch a module.

Your Nervous System States at a Glance

Module 2 — Your Pivot Mechanism

REGULATED

Vagus nerve online. Calm alertness — not necessarily still, but present and flexible. Can think and feel at the same time. This is where the pivot works. This is where we're heading.

OVERDRIVE (Forcing pattern)

Fight-or-flight running. Chronic tension, jaw clenching, shoulders up. Tiredness sleep doesn't fix. Always running the list. "I'll rest when this is over." — but this is never quite over. You know you need to stop. You cannot stop.

SHUTDOWN (Freezing pattern)

Oldest protective state. Overwhelmed, flat, disconnected, can't initiate. Often misread as depression, laziness, or not caring enough. This is not laziness — it's a protective response that kept you safe. The problem is when it becomes the default.

Worthy vs. Costly Discomfort — By Pattern

Module 3 — Reading Your Own Signals

FORCING

Worthy has a productive edge — urgency with a real direction underneath. You can feel the difference: Forcing grips, braces, even when the direction is clear. Costly feels reactive and tight — something wrong underneath the urgency.

Ask: Is there a real direction underneath this, or am I just moving to avoid stopping?

FREEZING

Worthy comes as a gentle pull toward something, even when movement feels impossible. Costly is staying still in something that stopped being safe, mistaken for caution.

Ask: Is this stillness protective — or just easier than what I'm avoiding?

OSCILLATING

Worthy appears in the in-between window — before you tip fully into Forcing or fully into crash. That window is where choice lives. Costly is the cycle continuing uninterrupted.

Catch the early signal of a shift before it becomes a full state.

Your Pattern at a Glance

Modules 2 & 4 — Your pattern, your practices

FORCING

Body signals:

Emotional signals:

The question to ask:

First practices:

Jaw clenching, shoulders up, shallow chest breathing, hypervigilance, waking already bracing for the day.

Can't stop even when depleted. Identity tied to capability. "The reliable one." Rest feels unearned.

Is there a real direction underneath this urgency, or am I just moving to avoid stopping?

GB-34 (outer shin, below knee). Physiological sigh (double inhale + long exhale). Legs up the wall.

FREEZING

Body signals:

Emotional signals:

The question to ask:

First practices:

Heaviness in chest and limbs, flatness, fogginess, sluggishness, difficulty initiating even simple things.

Disconnected from what you want. Confused about why you can't move on things you can clearly see. Mistaken

for laziness — it is not.

Is this stillness protective — or just easier than the thing I'm avoiding?

ST-36 (outer shin, below kneecap). Gentle shaking. Brief walks. Legs up the wall.

OSCILLATING

Body signals:

Emotional signals:

The question to ask:

First practices:

Swings between tight/wired and flat/crashed. The crash is the only available rest. Cycles shortening over time.

Both Forcing and Freezing present. All-in until you crash, then driving yourself back up. No regulated middle.

Can I catch the early signal of a shift before I'm fully in either state?

GB-40 (outer ankle hollow). SJ-4 (back of wrist). Daily check-in before the swing — not after.

Acupressure Point Quick Reference

Module 4 — Press firmly, count of ten, both sides.

GB-34

FORCING / OSCILLATING

Location:

Outer lower leg — in the depression just below and in front of the small bone knob on the outside of your knee (the fibular head). Press firmly.

Releases tension and stagnation. The primary point for a system stuck in Overdrive. Use when you feel the tightness of the Forcing pattern — the bracing, the grip. Think of it as releasing the held breath your whole system has been holding.

ST-36

FREEZING

Location:

Outer edge of the shin, four finger-widths below the kneecap. Find the bottom of your kneecap, measure four of your fingers down, then press into the muscle just outside the shin bone.

The most important tonification point in Chinese medicine. Rebuilds Qi and Blood over time. This is the long game — not a one-session fix but a daily practice that shifts the baseline over weeks. If you do one thing every day, this is it for the Freezing pattern.

GB-40

OSCILLATING

Location:

Outer ankle — in the hollow directly in front of the ankle bone on the outside of your foot. The soft depression just forward of that bony point.

Regulates the pivot mechanism itself. For Oscillating, this point works on the part of your system that moves between states — not pushing toward one pattern or the other, but helping the swing find a regulated middle.

SJ-4

FORCING (depletion underneath the drive)

Location:

Back of the wrist — in the hollow just below the knuckle of the ring finger. Press gently, both wrists.

Recalibrates how your whole system uses and distributes energy. Forcing draws on reserves you may not realize you're spending. Use when you feel the depletion underneath the drive — not for the surface urgency, but for what's running underneath it.

When to Go Back to a Module

Use this when something comes up and you're not sure where to look.

MODULE 1 — THE STUCK INVENTORY

- Baseline has shifted and you want to compare
- Something feels stuck again and you can't locate it
- Ready for the Monthly Check-In — pull this alongside
- Need to remember what “before” felt like

MODULE 2 — YOUR PIVOT MECHANISM

- Pattern seems to have shifted and you need to re-identify
- Seeing a pattern you didn't catch the first time
- Want to understand Overdrive / Shutdown / Regulated more deeply
- ANS concepts feel fuzzy — good refresher on the mechanism

MODULE 3 — READING YOUR OWN SIGNALS

- Signals are confusing or hard to read
- Can't tell Worthy Discomfort from Costly
- The Knowing feels quiet or hard to access
- Something has shifted and you want to re-map your signals

MODULE 4 — YOUR PRACTICES

- Current practice isn't working or has gotten stale
- Pattern shifted — need practices for a different section
- Want to add a second practice or try something new
- Starting over after a gap — good re-entry point

MODULE 5 — HOW TO KNOW IT'S WORKING

- Daily practice has lapsed and you're restarting
- Wondering if what you're doing is actually working
- Ready for the Monthly Check-In (watch first)
- Need a reminder of what progress actually looks like

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