

THE PIVOT

Your Course Workbook

Dr. Jennie Luther, DACM

Doctor of Acupuncture & Chinese Medicine

Practical Natural Wellness

practicalnaturalwellness.com

How to Use This Workbook

A note from Dr. Jennie

I built this course because I needed it. I was a doctor of Chinese medicine who understood the theory of nervous system regulation — and still Oscillated my way into depletion. This is what finally made it practical. I hope it does the same for you.

This workbook has two parts: the exercises you do alongside the videos, and a closing section on where to go next.

THE WORK

Use this alongside the videos, in order, in real time. Pause the video when prompted, write, then continue. These pages hold your baseline, your pattern, your signals, your practices, and your ongoing logs.

WHAT'S NEXT

At the back of this workbook: your path forward with Dr. Jennie Luther.

YOUR REFERENCE GUIDE

A separate companion document — The Pivot Reference Guide — covers your nervous system states (the ANS — Autonomic Nervous System), your pattern at a glance, acupressure points, and when to revisit each day. You will receive it by email when you complete the course.

What's Inside

DAY 1

The Stuck Inventory

Your Day 1 baseline — seven questions about where you are right now.

DAY 2

Pattern Map

Identify your primary behavioral pattern in real time.

DAY 3

Signal Map

Map what your system has been showing you — and what it's pointing at.

DAY 4

State Check + Practice

State log (4 entries) and your starting practice commitment.

DAY 5

Daily Check-In Log

Three questions, every day. This is the ongoing practice.

DAY 5

The Stuck Protocol

Five steps for hard days. Keep this page accessible.

DAY 5

Monthly Check-In

Four deeper questions — save for after at least one month.

What your whole system has been showing you — in your body, your mind, your spirit — isn't a malfunction. It's evidence.

— Day 1

A note on safety: This course is educational, not medical treatment. If you are experiencing a mental health crisis or thoughts of harming yourself or others, please contact a mental health professional or crisis line right away. Everything here is meant to support — not replace — your own

1

THE WORK

Use this alongside the videos, in order, in real time.

The Stuck Inventory

Answer in real time during Day 1. Pause the video at each question.

This inventory is not a diagnostic — it's a map. You don't need to have all the answers yet. Finding where to look is the work. Answer as honestly as you can right now, with what you know today.

Keep this question close as you work through the inventory:

"Is this true — or is it just familiar?"

— The question this whole course is asking

DAY 1

- 1** Where in your body does stuck actually show up first? Not where you think it should — where it actually does. Maybe it's your chest, your gut, a tightness across your shoulders that's been there so long you stopped noticing it.

- 2** Was there a before? When did you first notice this wasn't just a bad week? See if you can name a time, even roughly.

- 3** What have you already tried? And what happened when you tried it? Be honest — including the things that helped a little but didn't stick, and the ways you've coped that you're not entirely proud of.

- 4 Where else does this same stuck feeling show up — outside your body? In a relationship, a decision, your work. It's usually not only one place.

- 5 What does rest actually look like for you right now? Not what it's supposed to look like — what it actually is.

- 6 Is there something that needs to change — or something calling you forward — that you haven't let yourself fully look at yet? It might be something you can describe clearly, or it might be more of a sense, a direction, a knowing you keep brushing past. Either one counts.

- 7 If nothing shifted from here — if a year from now looked exactly like today — how would that feel?

Most people don't look at that directly. You did.

— Closing Video

The Pattern Map

Mark each pattern as you go through Day 2. Pause the video after each one.

As you hear each description, ask yourself: is that true — or is it just familiar? Something can feel familiar because it's genuinely yours, or simply because it's what you've always done. Mark Primary if it really resonates. Secondary if it partially fits. Leave it blank if it doesn't land.

These patterns are more evidence — proof your system has been speaking clearly.

— Day 2

FORCING

☒ Primary ☐ Secondary ☐ Doesn't fit

Getting things done — but entirely on will. Chronic tension. Jaw clenching. Shoulders up. A tiredness that sleep doesn't fix. Always running the list. Difficulty being present. Underneath: a sense that you don't have the luxury of feeling how you feel. "I'll rest when this is over." But this is never quite over.

I did most of my life on Forcing. And I was very good at it — which, as it turns out, is exactly the problem.

FREEZING

☐ Primary ☐ Secondary ☐ Doesn't fit

Unable to move on things, even ones you can clearly see need doing. Heaviness, sluggishness. Foggy, checked out. Flat. Frustrated. Confused about why you can't seem to move on something right in front of you. Sometimes: disconnected from yourself, from what you actually want. This is not laziness. It's a protective response the nervous system learned because at some point, it kept you safe.

Mine shows up as reorganizing everything except the actual thing — Freeze dressed as productivity.

OSCILLATING

☐ Primary ☐ Secondary ☐ Doesn't fit

Both patterns running at once. Forcing until you hit a wall, dropping into Freeze, then driving yourself back up. All-in until you crash, then starting again — without ever landing in that regulated middle place. The crash becomes the only available rest. And over time, the cycles shorten.

If you're seeing yourself in both Forcing and Freezing — that's Oscillating. The cycle between them IS the pattern. That's where I live now.

Reflection questions on next page →

A note on Oscillating:

If both Forcing and Freezing showed up as Primary — that's your answer. The cycle between them IS the Oscillating pattern. It's also what Forcing tends to become over time: push hard enough, long enough, and the crashes stop being optional. Oscillating is both a pattern in its own right and what Forcing becomes when it finally runs out of fuel. Either way, same starting point.

Reading your tally: One clear Primary = your starting point for this course. Two Primaries = that's Oscillating. Primary + Secondary = your pattern is Primary, but Secondary shows up under stress or in different seasons. Nothing landed clearly? Look again at Oscillating — it often disguises itself as "both" or "neither."

Reflection**What showed up as primary?**

If both Forcing and Freezing landed — that's Oscillating.

**Does that match where stuck shows up first in your body (from Module 1)?**

**Does anything surprise you? Sometimes the pattern that lands hardest is the one you hadn't named before.**

You don't need to have this fully figured out. We're not diagnosing — we're orienting. You now have a starting point.

The Signal Map

Bridges what your pattern is to what it's been pointing at.

Name three things your system has been showing you recently — physical symptoms, emotional patterns, things you keep noticing, things you keep avoiding. They don't have to be dramatic. They just have to be real.

Part 1 — Your Three Signals

Signal 1:

Signal 2:

Signal 3:

Part 2 — Worthy or Costly?

For each signal: is this Worthy Discomfort — pointing you toward something you need? Or Costly Discomfort — something you've been tolerating? You don't have to solve it. Just name it.

How to tell:

Worthy → has direction, a pull toward something, opens even when tight.

Costly → contracting, asks you to stay small, pushing harder won't help.

Ask: if I moved through this, would I be more myself — or less?

Signal 1 — Worthy or Costly?

- ☐ Worthy Discomfort
- ☐ Costly Discomfort
- ☐ Not sure yet

Signal 2 — Worthy or Costly?

- ☐ Worthy Discomfort
- ☐ Costly Discomfort
- ☐ Not sure yet

Signal 3 — Worthy or Costly?

- ☐ Worthy Discomfort
- ☐ Costly Discomfort
- ☐ Not sure yet

Is there something underneath all of it? A direction that keeps being true — even quietly, even when you're not sure you trust it yet?

The Knowing doesn't feel urgent. It feels true. Not wishful, not anxious — just consistent. A direction that keeps being true even when everything else is loud.

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State Check + Your Specific Fascia Practice

Date each State Check entry. Fill out which Fascial Section you used — before moving to the next module.

Answer the three questions, then go to your Fascial Section in the video. Over time, this log becomes a map of how your system shifts.

Date	Q1 — State	Q2 — Body	Q3 — Need	Your Fascia Section	Shift?

WHERE TO GO NEXT:

The Fascia Section in the video, or skip to your specific Section — timestamps are in video description.

YOUR STARTING PRACTICE

My starting practice:

Why this one?

Three times this week:

☐

Practice 1

☐

Practice 2

☐

Practice 3

What shifted after your first week?

Daily Check-In Log

Three questions. Every day (or as often as you can). This is the practice.

Morning, at a transition point, or whenever you remember — it doesn't need to be perfect to be helpful. Answer, then notice. Over time, you stop being surprised by the pattern. You start catching it earlier.

Q1: What state am I in right now?
Driven and wired — Flat and heavy — Cycling between them — Somewhere in between

Q2: Which pattern is loudest today?
Forcing — Freezing — Oscillating — Quiet today

Q3: What does my whole system actually need right now?
Body, mind, and spirit — movement, stillness, nourishment, connection, space?

Date	Q1 — State	Q2 — Pattern	Q3 — Body, mind & spirit needs

The Stuck Protocol

Five steps. Ten minutes. For hard days.

Keep this page accessible. Each time you use the protocol, write one sentence in step 5 — that sentence is your data.

1

NAME IT — out loud if you can.

"I'm Forcing." "I'm in Freeze." "I'm Oscillating."
You can't regulate what you can't name.

2

BREATHE FIRST.

4 counts in. 6 counts out. Three times.
Longer exhale = nervous system reset.

3

ONE PRACTICE.

Go to your pattern in Module 4. One practice. Not all of them.

4

CHECK IN.

After the practice: did anything shift? Even slightly? That's it.

5

WRITE ONE SENTENCE.

What happened. What you did. What shifted.

Name it. Breathe. One practice. Check in. Write one sentence.

Monthly Check-In

Save this until you've had at least a month with the daily practice.

SAVE FOR LATER.

Not yet — come back to this page after at least one month of daily practice. Pull out your Module 1 Stuck Inventory alongside this page — you'll want to compare where you started.

REVISIT DATE: _____

1 Where does stuck show up in your body now, compared to Day 1? What's the same? What's different?

2 What can you name now about your pattern that was just a vague feeling when you started?

3 How much of what felt true on Day 1 was actually just familiar?

4 What has The Knowing been pointing at? Have you moved toward it, even slightly?

Q4 continued on next page →

Q4 continued — What has The Knowing been pointing at?

"The difference between where you started and where you are right now is the evidence. It's not always dramatic. But it's real. And it's evidence that things are shifting."

— Dr. Jennie Luther, Module 5

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WHAT'S NEXT

Your path forward with Dr. Jennie Luther.

What's Next

You've done the work. What comes next depends on where you are and what you need. Here's what's available.

THE BRIDGE

The next course.

The Pivot gave you language for your pattern and a daily practice. The Bridge goes deeper — into how to act on The Knowing before the path is fully visible. It's for people who know what they want to move toward and are ready to do that with support. When The Bridge launches, newsletter subscribers hear first. Subscribe at practicalnaturalwellness.com — link below.

ONE-ON-ONE COACHING

For those who want to work through this with personal support.

Coaching with Dr. Jennie Luther is rooted in the same Chinese medicine and nervous system framework you've been working with this week — but applied to your specific system, your specific pattern, and what you're navigating right now. Sessions are tailored, not templated. To learn more and see if it's a fit, visit the website.

THE NEWSLETTER

Where the ongoing work lives.

New content, seasonal practice notes, course updates, and honest writing about what it actually looks like to work with your whole system — not just optimize it. If you're not already subscribed, this is the best place to stay connected.

practicalnaturalwellness.com

Coaching inquiries and newsletter signup through the website.

[YouTube: Practical Natural Wellness](#)

*What is the one thing your whole system
is asking for that you're saying yes to?*

*Not a plan. Not a list. One yes.
The thing that's been quietly true underneath everything else this week.*

"The Knowing doesn't feel urgent. It feels true. Not wishful, not anxious — just consistent. A direction that keeps being true even when everything else is loud."

*Your body already knew the way.
You've just been remembering how to follow it.*

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