

THE ROOT CAUSE MEDITATION JOURNALING ACTIVITY

Do this directly after you've finished the meditation. Capture as much as you can remember. Don't try to interpret it or think about what it means - just get it out of your head and into these boxes - the information you write here will inform the rest of this module so ensure you capture as much as you can remember.

<p>Behavior (What behavior did you choose?)</p>	
<p>Thoughts/Story (What were the thoughts/stories you've been telling yourself about that behavior?)</p>	

<p>Emotion (Wow did you feel when you tell yourself that story?)</p>	
<p>Beliefs/Neural Expectations (When you're feeling those emotions listed above, what do you tend to believe about yourself?)</p>	
<p>Your Original Incident(s) (What happened that first made you feel that way about yourself?)</p>	

2.3 DECONSTRUCTING THE ROOT CAUSE MEDITATION

COACHING CLARITY:



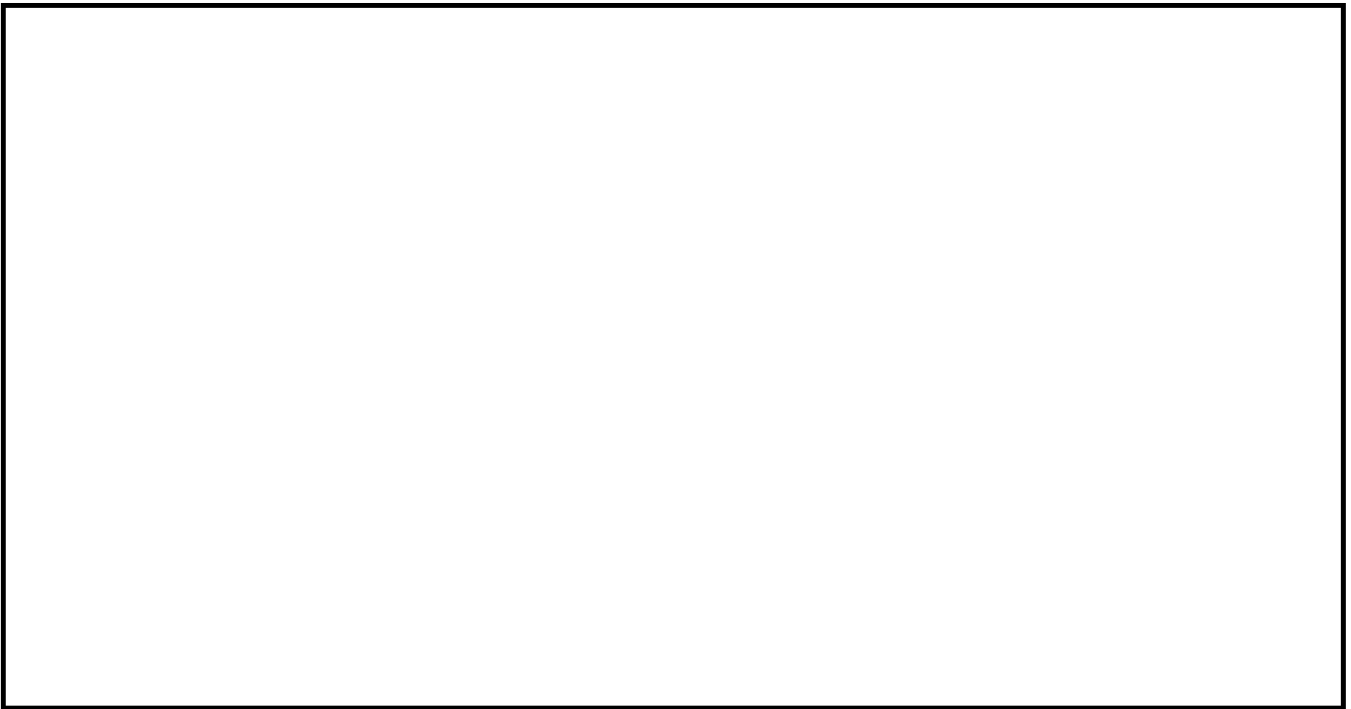
What was your O.I. memory (or memories)?

What were your old beliefs?

What were your old emotional states?

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What were the story/stories you told from those emotional states?

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What were your old default coping behaviors?

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Now let's make the information you collected after your meditation work for you.

<p>List out the beliefs that you've had about yourself: ones that are connected to the ones you've listed above</p>	<p>What are your new healing beliefs going to be? (what are the opposite of these beliefs? What is the highest version of yourself that is possible? What are you capable of as your highest self?)</p>
<p>What were the confirming trauma experiences that have lead you to believe these are true? (List the people, places, jobs, experiences that have demonstrated to you these beliefs must be true)</p>	<p>What disconfirming trauma experiences do you need, to help you believe the old beliefs can go, and the new ones stay? (who or what do you need to surround yourself with on a regular basis?)</p>
<p>To better keep yourself safe and protect your healing journey, who are the people, places and experiences you can actively set boundaries with moving forward?</p>	

COACHING CLARITY:



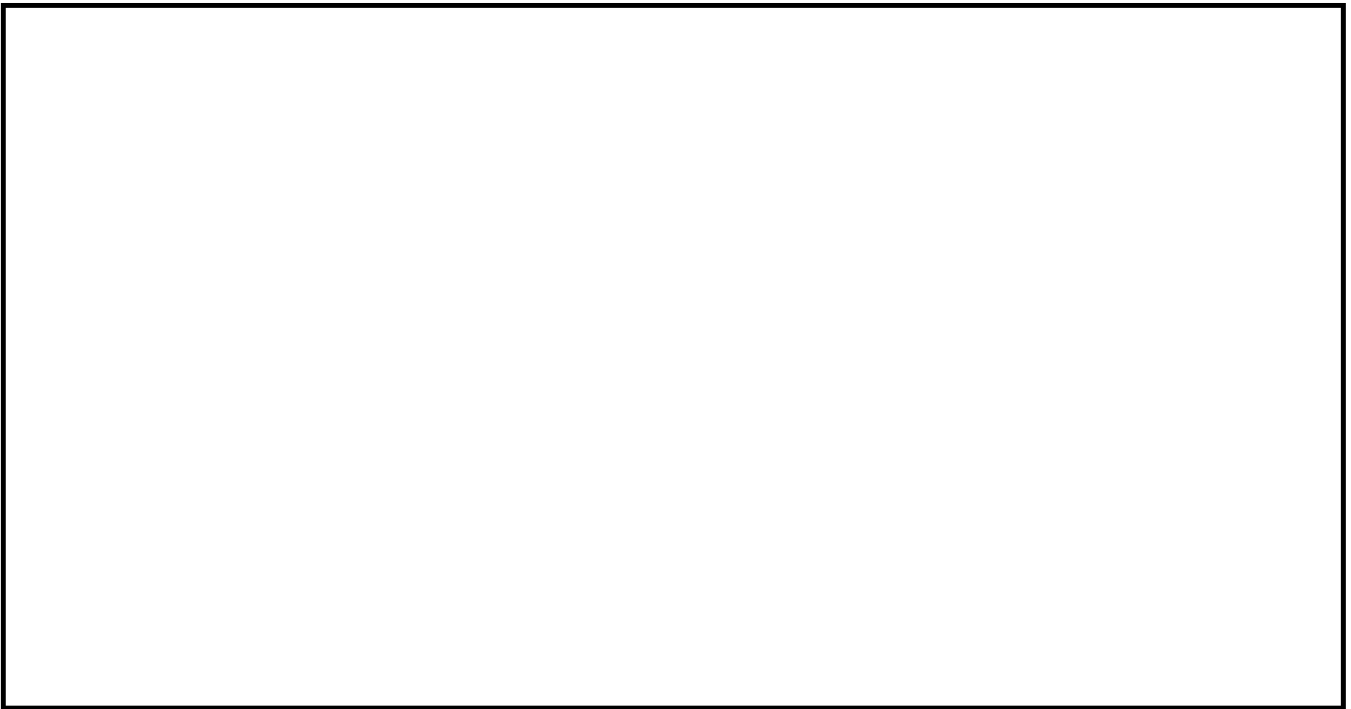
How do you want to remember your O.I now?

What is your new belief/content were your old beliefs?

What are your new emotional states to train?



What will be the new story you're telling from those states?



What will your new resilient behaviors be?



Can you identify the behaviors you want to change as adaptive, instead of bad?

What valid threat from the past were you trying to avoid?

How will you interpret growth opportunities moving forward?

What does that part of you need to know to feel safe the next time it tries to stop you from moving forward?

If.....

**“TRAUMA IS ANY EXPERIENCE OF THREAT,
DISCONNECTION, ISOLATION OR IMMOBILIZATION
THAT RESULTS IN PHYSICAL/EMOTIONAL INJURIES
THAT DYSREGULATE THE OPTIMAL FUNCTIONING OF
ONE'S BODY, EMOTIONS, BRAIN, SPIRIT OR HEALTH.”**

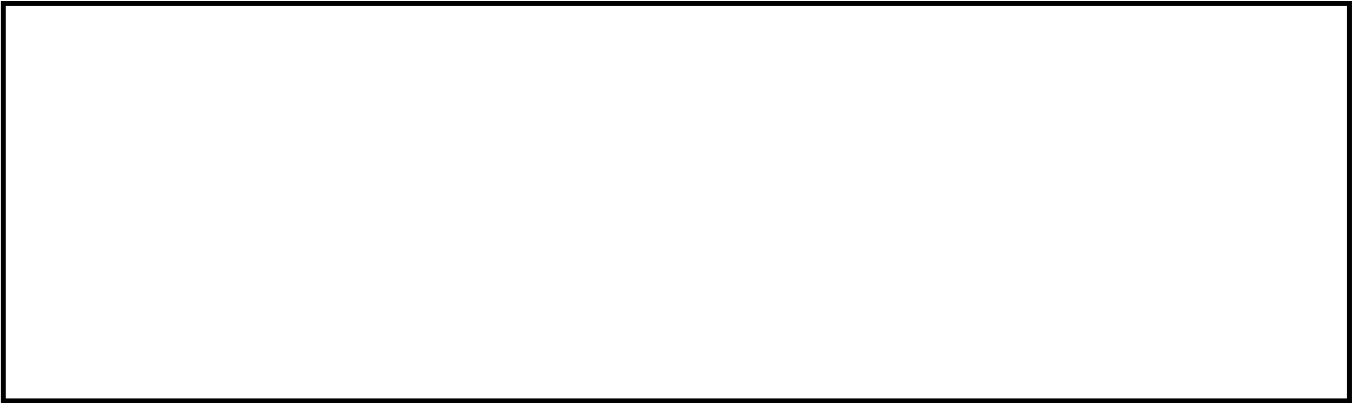
Then...

What is the trauma (the O.I.) that you discovered in the Root Cause Meditation?
(an experience of threat, disconnection, isolation or immobilisation?)

What emotional injury did you take on? (what beliefs did that give rise to?)

How did that...

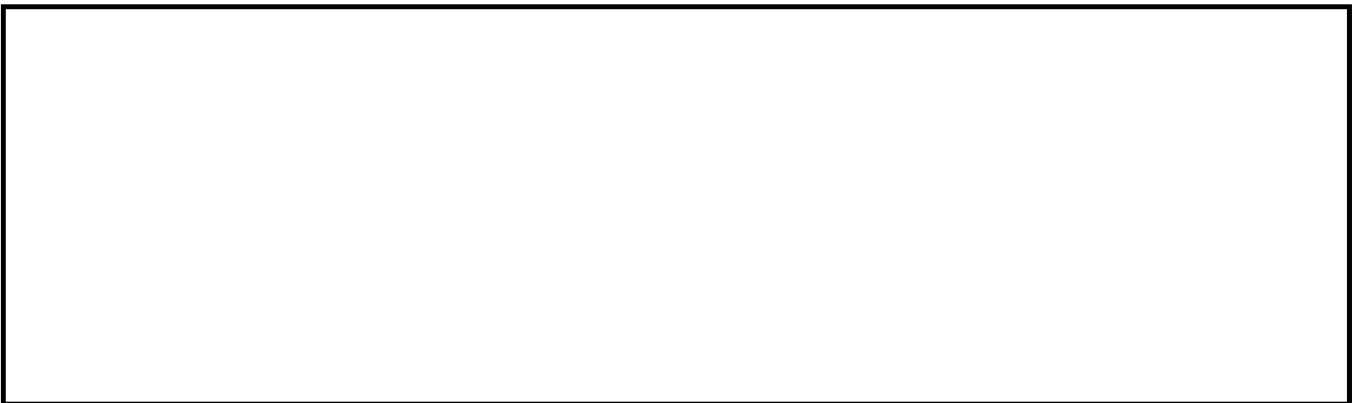
Dysregulate the functioning of your body:

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Dysregulate your emotions:

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Dysregulate your brain:

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Dysregulate your spirit:

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Dysregulate your health:

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Dysregulate your behavior:

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What uncomfortable emotions have been consistently affecting your mental/emotional health as a result of your O.I.?

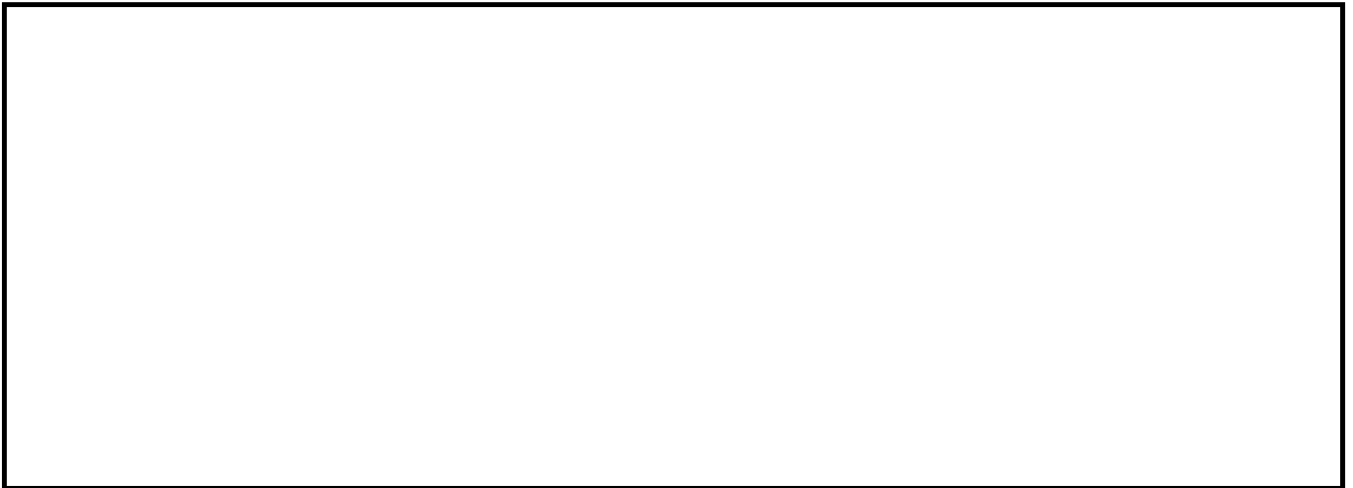
**“EMOTION REGULATION” IS A TERM
GENERALLY USED TO DESCRIBE A
PERSON’S ABILITY TO EFFECTIVELY
MANAGE AND RESPOND TO
AN EMOTIONAL EXPERIENCE.**

How have your emotions been responding to your O.I.?

When are you generally emotionally regulated? When are you most able to regulate? Relate? Reason?

When are you emotionally dysregulated?

- Is your affect yellow/red (stressed, anxious, depressed, etc)?
- When do your relationships tend to be full of drama and/or when do you tend to isolate yourself?
- When are you unable to reason/think clearly? When do you make less than ideal decisions?



Do your dysregulated behaviors, thoughts and emotions make more sense now? What behaviors, thoughts and emotions can you start to accept more about yourself now? How will starting to accept these behaviors, thoughts and emotions help you heal and move forward?



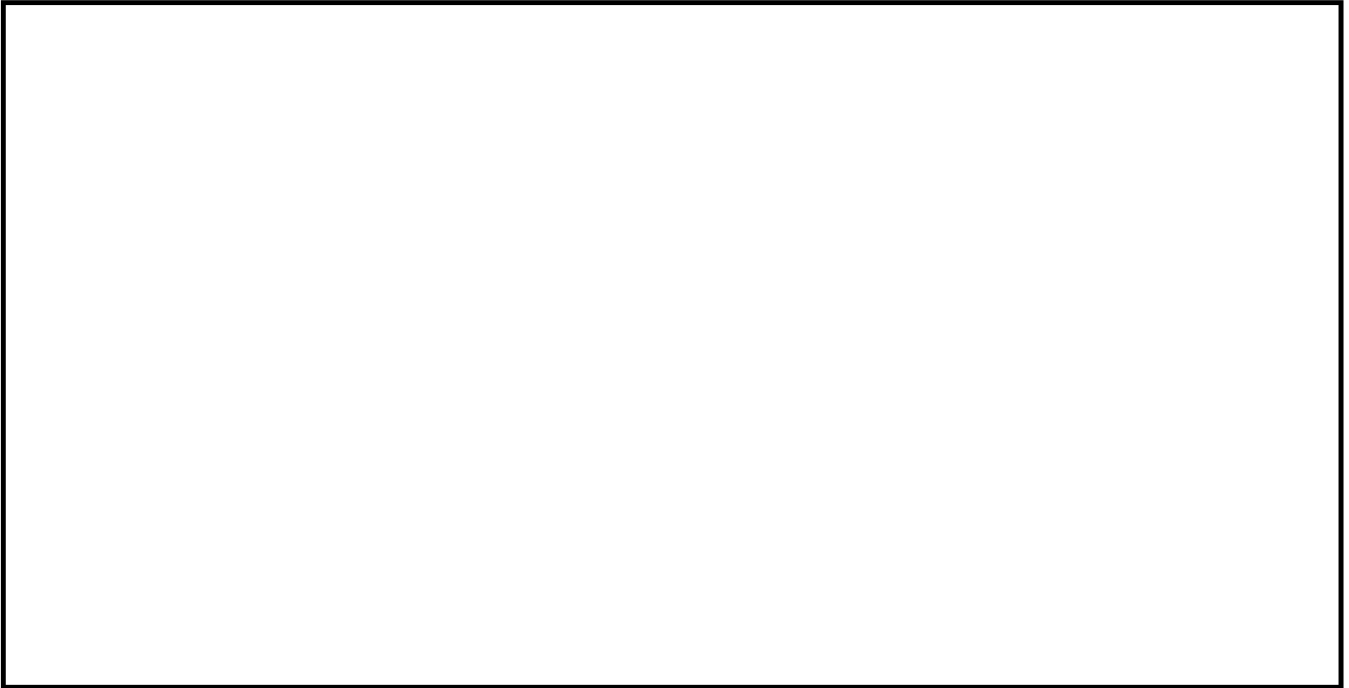
REDISCOVER THE IMPACT OF EMOTIONAL TRAUMA

Are the traumatic symptoms (behaviors) your O.I. inspired, your fault? Why or why not?

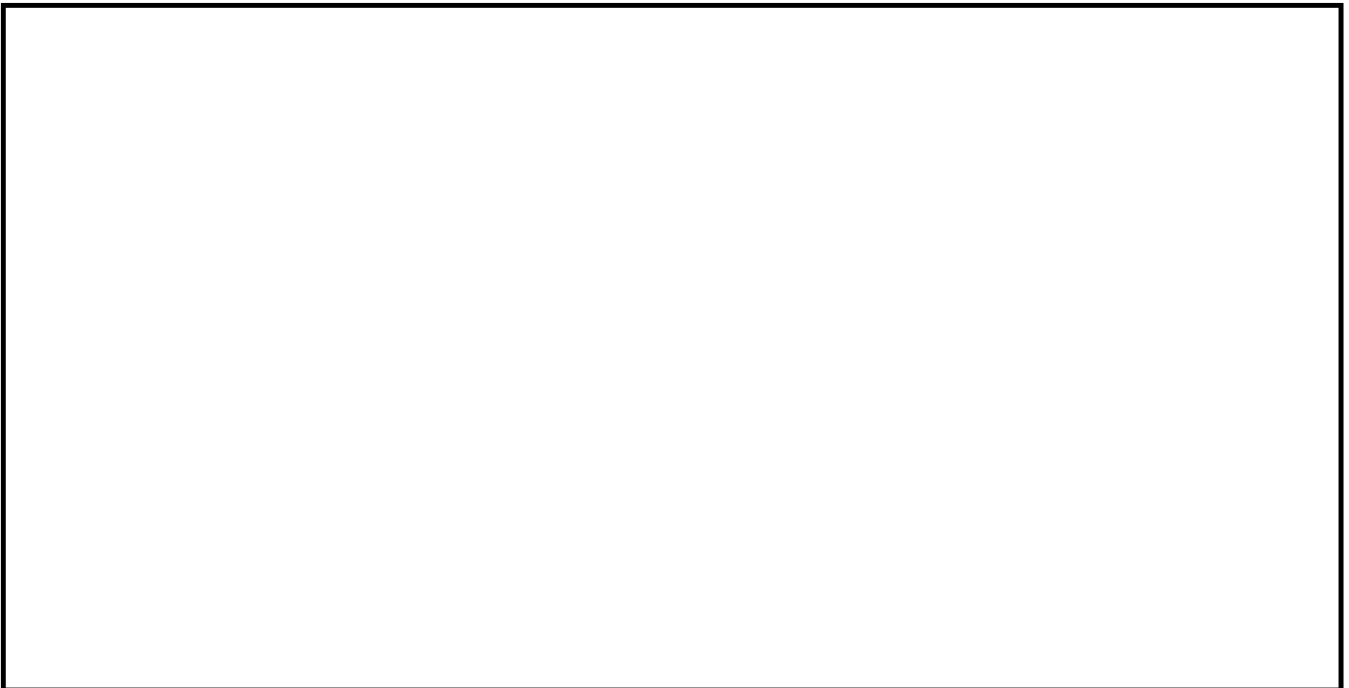
How did emotional trauma create an inflexible nervous system for you?

Was your O.I. an incidence of disconnection and not being felt, seen, heard, known or recognised? How?

How has your O.I. and emotional trauma impacted you and your behaviors?

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How has your O.I. kept you safe and stuck?

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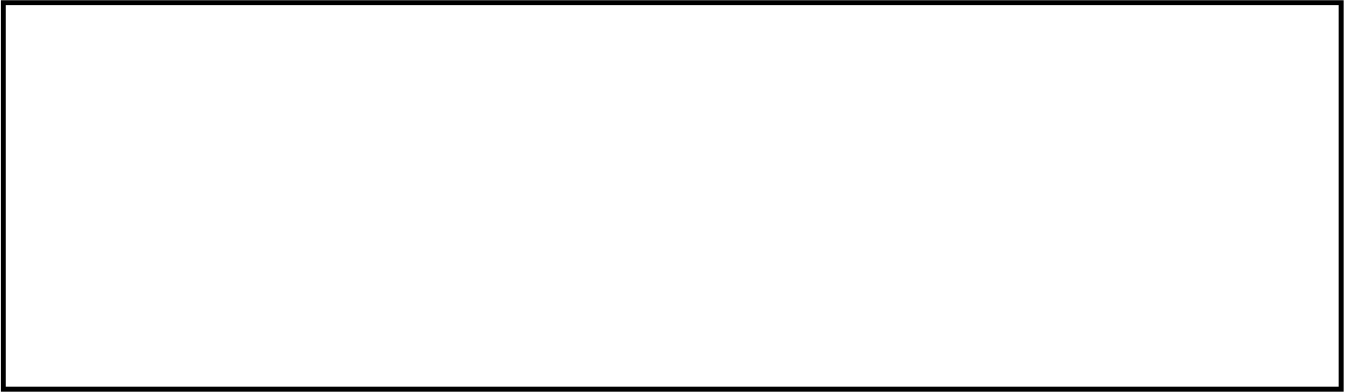
REDISCOVER YOUR NERVOUS SYSTEM'S CONTROL PANEL

Which states do you tend to go to when you are activated by your O.I.?

What have been your habitual/default responses?

How do you feel after processing and reflecting on your answers about the root cause meditation?

Are you excited about having a flexible nervous system? What are you looking forward to?



How can you incorporate and design more play into moments of predictable O.I. Triggers?



If it was safe for you to be still or to slow down, what could you start doing more of?



Can you catch yourself faster when you go yellow or red without green?

What have been your common triggers for ventral and dorsal - are you spending more time in green yellow or red?

Revisit your emotional regulation strategies. Which ones are working for you? Which ones can you make into a daily routine?