

Where Do I Feel My Trauma

When more than one negative core belief feels correct, think back to an earlier age or event that triggers the emotion you feel today. And calming close your eyes, do a body scan and describe where you feel it in your body.

Autonomic Nervous System

The autonomic nervous system is responsible for the automatic control of your body functions. It has three branches:

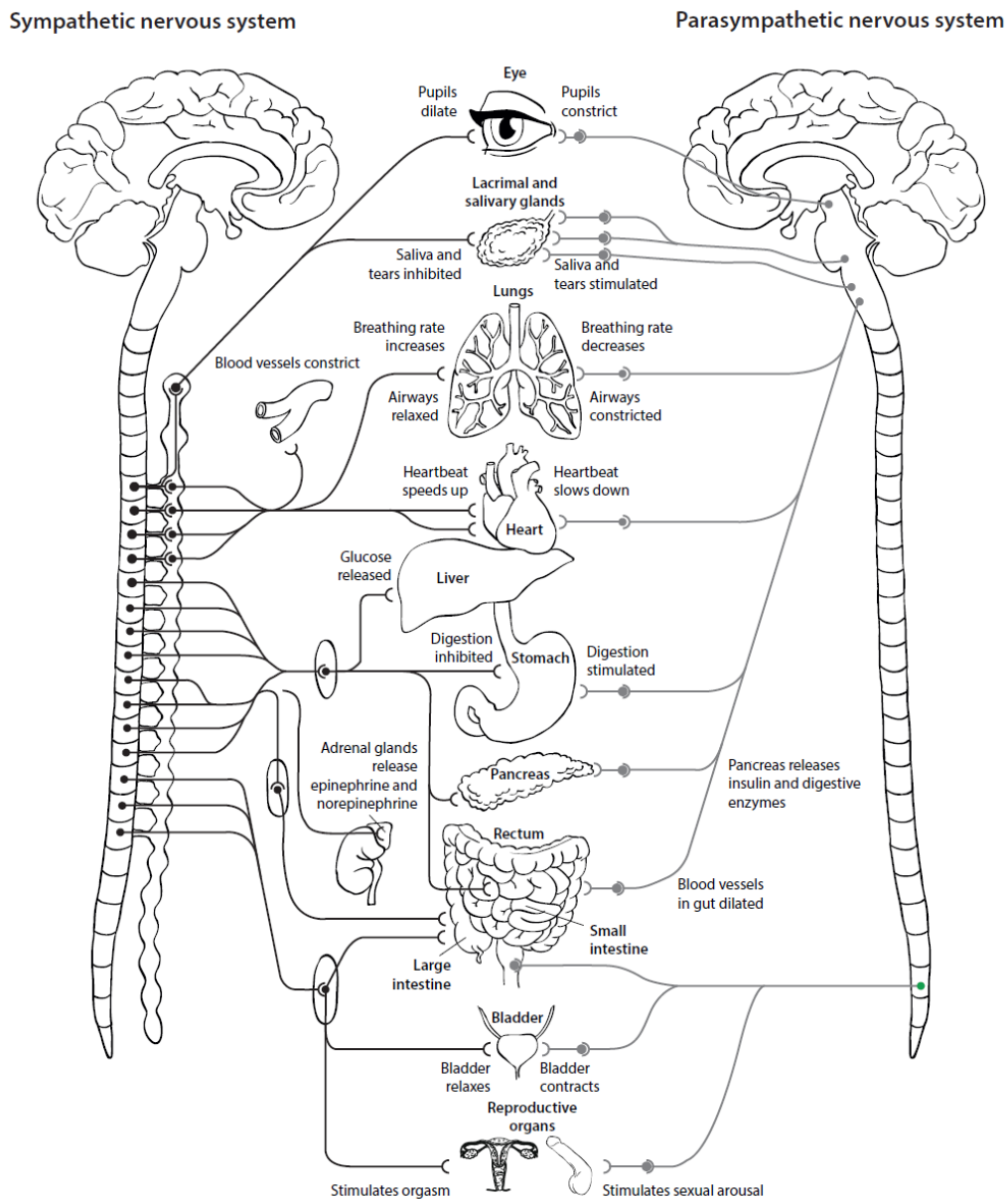


Figure 1 - Psychology Tools. (2020) Automic Nervous System

1. The sympathetic nervous system is activated in response to stress. It controls 'the 'fight or flight'' responses.
2. The parasympathetic nervous system is activated during calm times and is often considered the 'rest and digest.' or 'feed and breed' system. It promotes growth and energy storage.
3. The enteric nervous system controls the gastrointestinal system.