

Regulate the body.
Rewire the mind.
Restore focus.



USE MY NEUROSOMATIC REWIRING™ METHOD
TO SUPPORT YOUR ADHD REWIRE JOURNEY

A MESSAGE FROM THE AUTHOR

Welcome. I'm so glad you're here.

I created this workbook because too many people with ADHD, myself included, have been taught to believe there is something wrong with them when that isn't the case.

Through my work as a coach and practitioner, I've come to recognize that ADHD is not a flaw, a lack of discipline, or a problem with motivation. While it is best known as a medical condition most often associated with the brain, the regulation of the nervous system is often overlooked as a treatment.

When we consciously or subconsciously try to force our nervous system into systems that don't support ADHD, we can create:

- Burnout
- Shame
- Overwhelm
- Self-doubt

And eventually, disconnection from ourselves.

This workbook is an invitation to do something different.

I hope the tips help you as they helped me.

With love,

Krystal Rose



ABOUT THE *NeuroSomatic Rewiring™ Method*

The NeuroSomatic Rewiring™ Method is a regulation-first approach that works with the body and the nervous system—not just mindset-led.

Rather than asking you to “change your mindset” or “fix your focus,” this method teaches you how to:

- Regulate your nervous system before asking for clarity
- Use movement, rhythm, and sensation to support attention
- Identify and work with the protective parts of you (not shame them)
- Create focus and follow-through from safety, not pressure
- Build sustainable self-trust over time

At its core, the NeuroSomatic Rewiring™ Method understands one essential truth:

When the body feels safe and supported, the mind naturally follows.

This workbook introduces the NeuroSomatic Rewiring™ Method for ADHD. It is not a complete plan, coaching, or therapeutic guide, and may require additional support to help you on your journey.

Please note, this book should not be used to diagnose ADHD or replace ADHD medication. Please consult with a doctor if you are considering a change to your ADHD medication, supplements, or therapy.



HOW TO APPROACH *This Workbook*

This workbook is an introduction to using the NeuroSomatic Rewiring™ Method to regulate. As you move through these pages, I invite you to:

- Listen to your body more than your inner critic
- Take breaks when needed
- Skip sections and come back later
- Focus on progress, not perfection

This work is not about becoming someone else.

It is about **coming back into a relationship with yourself.**



A NEW WAY To Understanding ADHD

ADHD Is Not a Focus Problem

ADHD is often misunderstood as:

- A lack of discipline
- A motivation problem
- A character flaw

It is none of those.

Your **nervous system regulation** and **stimulation** highly impact your ADHD. A mismatch of those elements can amplify ADHD symptoms.

This means:

- Your brain needs the *right amount* of input
- Your body needs to **feel safe** before it can focus
- Force and pressure create shutdown or overwhelm

When your nervous system feels:

- ✓ Safe
- ✓ Supported
- ✓ Appropriately stimulated

Focus happens naturally.



WHY “TRYING HARDER” *Doesn’t Work*

Traditional advice often says:

- “Just focus”
- “Sit still”
- “Push through”
- “Just be more disciplined”

For an ADHD nervous system, this can actually:

- Increase stress hormones
- Trigger shutdown or avoidance
- Create shame and self-doubt

The NeuroSomatic Rewiring™ Method prioritizes regulating the body before working with the mind.

Reflection Question

What messages have you received about your ADHD that you are now learning may not be true?

THE SAFETY-FIRST REWIRING FLOW

This process follows four simple phases:

1

Regulate the body

2

Stimulate with Intention

3

Rewire the Parts

4

Integrate



**You may move
back and forth between phases.**

That is normal.

PHASE 1

Regulate the body

YOU ARE NOT CALMING DOWN
– YOU ARE SETTLING YOUR
NERVOUS SYSTEM.

WHY REGULATION COMES FIRST

If your nervous system is in:

- Fight / flight
- Freeze
- Overwhelm

Your brain cannot easily access focus, planning, or clarity.

Regulation creates safety.

Safety creates access to attention.

REGULATION EXERCISES (CHOOSE 2-3)

Try one or two exercises at a time.

More is not better.

- Somatic shaking (1-2 minutes)
- Physiological sigh (2 short inhales, long exhale x 3-5)
- Wall push or plank (deep pressure)
- Self-hug with gentle sway
- Feet pressing into the floor + name 3 sensations

BODY AWARENESS

After regulating exercises, what has changed in your body?

Examples: warmth, slower thoughts, grounding, relief

JOURNAL ON YOUR EXPERIENCE

PHASE 2

Stimulate With Intention

ADHD BRAINS NEED
“INTENTIONAL”
STIMULATION TO FOCUS

Many ADHD nervous systems struggle not because there is too much input, but because there is **not enough of the RIGHT kind**. **Intentional stimulation** is about supporting regulation, not accidentally pushing the nervous system into overwhelm, escape, or dysregulation.

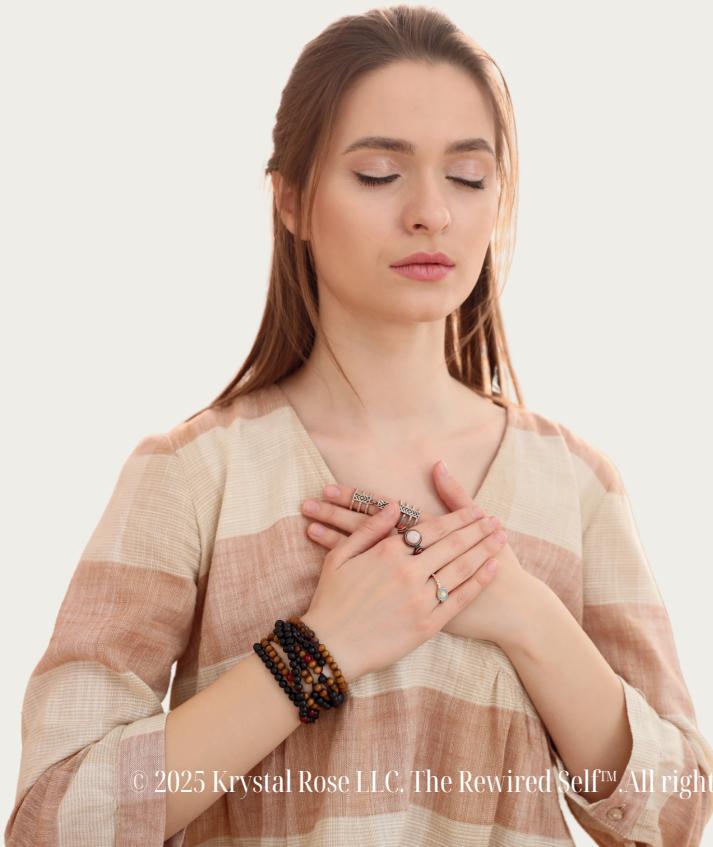
Intentional stimulation:

- Is predictable
- Is steady
- Does not demand attention
- Supports containment or gentle engagement

HERE ARE SOME INTENTIONAL STIMULATION OPTIONS

- Cross-lateral movements (alternating sides of the body)
- Brown or pink noise (steady background sound)
- Resistance-based fidgets (putty, grip tools, bands)
- Bilateral tapping (left/right rhythm)
- Gentle movement while thinking (walking, swaying, pacing)

Movement does not distract focus — it often creates it. Descriptions of the options are below:



Cross-Lateral Movements

ALTERNATING SIDES OF THE BODY

Cross-lateral movement means moving one side of the body and then the other in an alternating rhythm.

Examples include:

- Tapping your right hand to your left knee, then switching
- Marching in place and touching opposite knees
- Alternating shoulder taps
- Walking and intentionally noticing left step / right step

WHY IT WORKS

Cross-lateral movements:

- Engage both hemispheres of the brain
- Improve coordination between the brain and the body
- Help organize attention and reduce mental chaos

For ADHD nervous systems, this type of movement is regulating rather than distracting.

REFLECTION: WHICH CROSS-LATERAL MOVEMENT FEELS MOST EFFORTLESS OR MOST NATURAL TO YOU?

Brown or Pink Noise

SUPPORTIVE BACKGROUND SOUND

Brown and pink noise are types of steady background sound that are softer and deeper than white noise.

- Brown noise has more low frequencies and feels grounding
- Pink noise is gentler and more balanced

You might experience them as:

- Similar to a distant waterfall
- Like wind or rainfall
- A steady hum that fades into the background

You can find brown or pink noise playlists on music streaming platforms and YouTube

WHY IT WORKS

For ADHD brains:

- Silence can increase mental chatter
- Steady sound gives the brain something predictable to orient to
- This reduces distraction and supports sustained focus

Brown or pink noise helps create auditory safety.



Bilateral Tapping

LEFT-RIGHT RHYTHM FOR REGULATION

Bilateral tapping means gently tapping the body in an alternating left-right pattern.

Examples:

- Tapping left thigh, then right thigh
- Alternating shoulder taps
- Tapping feet on the floor one at a time
- Alternating hand taps on a desk

WHY IT WORKS

Alternating rhythm:

- Calms the nervous system
- Reduces emotional overwhelm
- Helps interrupt looping thoughts

This rhythm signals safety and balance to the brain.

Tip: Go slowly. This is not about speed — it's about rhythm.

REFLECTION: WHICH TYPES OF STIMULATION FEEL MOST SUPPORTIVE FOR YOU?

PHASE 2

Stimulate With Intention

ADHD BRAINS NEED
“INTENTIONAL”
STIMULATION TO FOCUS

Not all stimulation is helpful.

Some types of input increase nervous system activation, fragment attention, or trigger avoidance—especially for ADHD, anxiety-prone, or containment-needing systems.

When choosing stimulation, the question is not “Does this feel engaging?”

It's:

- “Does this help my body feel safer and more organized?”

STIMULATION TO AVOID (OR USE VERY CAREFULLY)

- Social media scrolling
- Rapid content switching
- Short-form video (Reels, TikTok, Shorts)
- Lyric-Heavy or Emotionally Charged Music
- Multiple screens open
- Cluttered workspaces
- Flashing lights
- Busy backgrounds



PHASE 3

Rewire The Parts

ADHD IS NOT YOUR
IDENTITY — IT IS A
STRATEGY

There are many parts in your subconscious mind and nervous system that you developed to protect you:

- From pressure
- From criticism
- From emotional overwhelm

These parts are intelligent. They are not trying to sabotage you, even if they feel that way.

MORE ON PARTS WORK

Parts work is the practice of recognizing that different “parts” of us may show up at different times — especially under stress.

ADHD-Related Parts Might Include:

- A part that avoids starting tasks
- A part that seeks constant stimulation
- A part that feels shame or self-criticism
- A younger part that feels overwhelmed or pressured

WHY PARTS WORK HELPS

Instead of fighting these parts, we can:

- Get curious about them
- Understand what they are protecting us from
- Offer reassurance and support

When a part feels heard and safe, it no longer needs to work so hard.

COMMON ADHD-LINKED PARTS

- The Escaper (avoids overwhelm)
- The Overstimulator (seeks novelty)
- The Shame Protector (“something is wrong with me”)
- The Inner Child (needs safety, play, permission)

INTRO TO DOING PARTS WORK

- Step 1: Locate the Part in the Body
- Step 2: Gentle Somatic Dialogue
- Step 3: Rewire Statements

Reflection Question

Reflection: When you struggle with focus, what part of you might be trying to help?



Step 1: Locate the Part in the Body

INTRO TO DOING PARTS WORK

Place a hand on your body and ask:

- Where do I feel this part?
- What sensation is present?

DESCRIBE WHAT YOU NOTICE:



PHASE 3

Rewire The Parts

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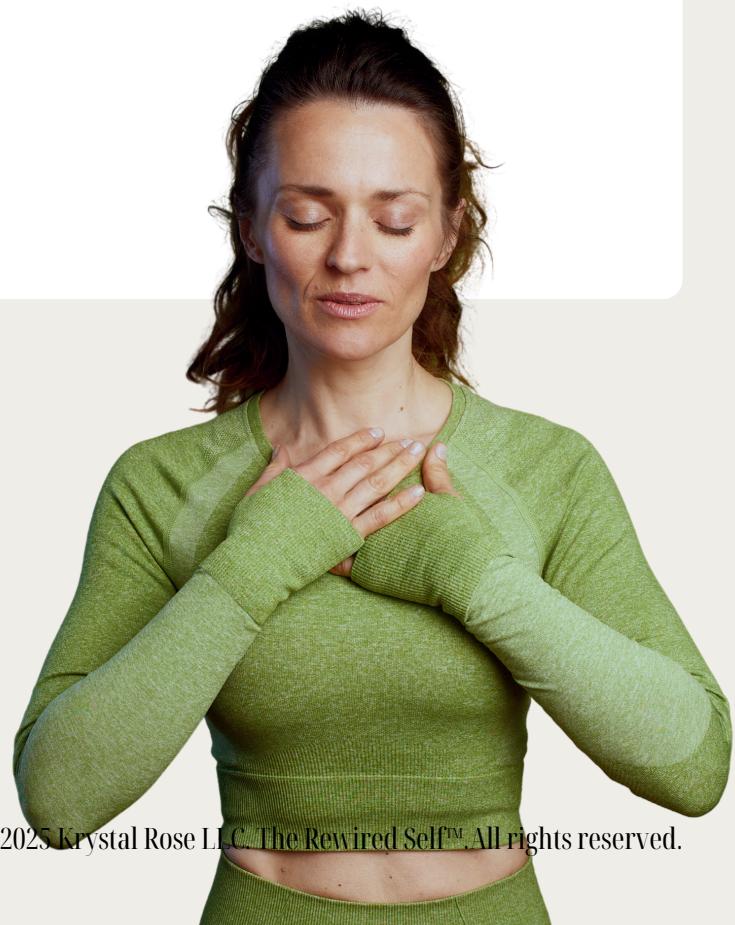
Step 2: Gentle Somatic Dialogue

INTRO TO DOING PARTS WORK

Silently or out loud, ask:

- What are you protecting me from?
- What do you need right now?

WRITE THE RESPONSE WITHOUT JUDGMENT:



Step 3: Rewire Statements

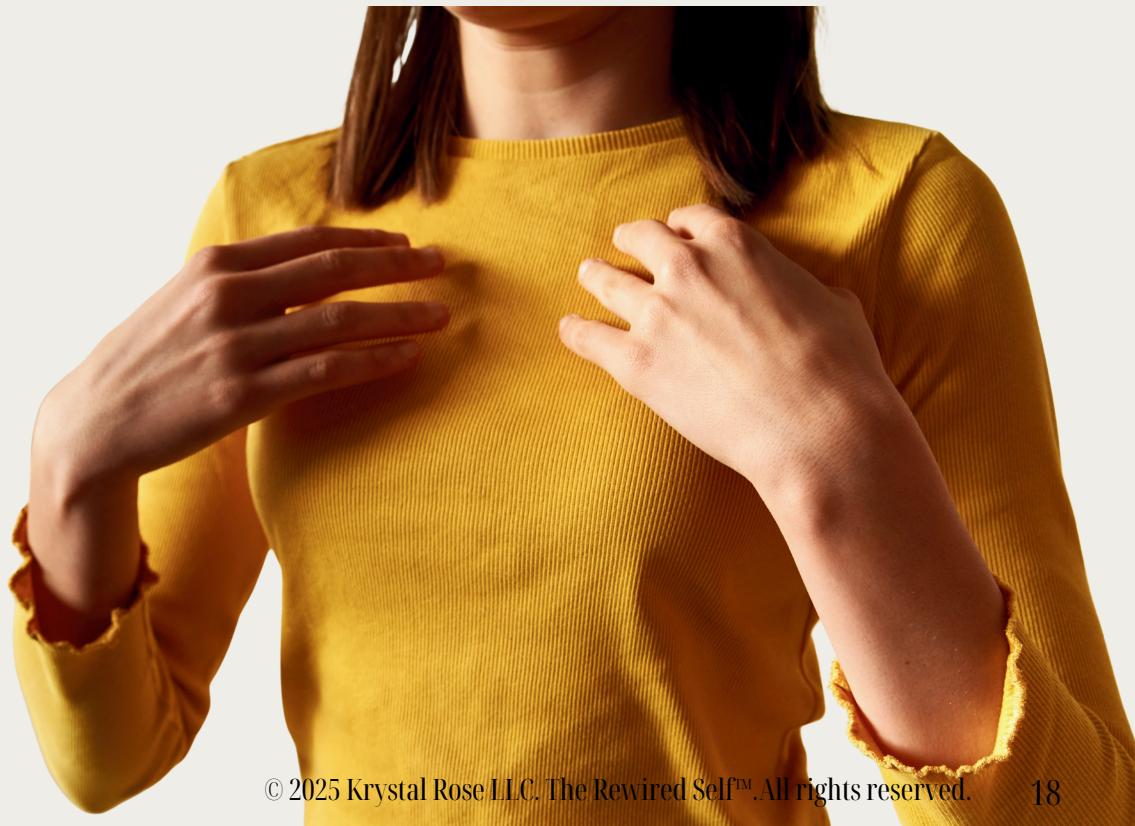
INTRO TO DOING PARTS WORK

(Read slowly, while regulated)

Choose one or create your own:

- “My body is allowed to move and still focus.”
- “I am safe even when my energy shifts.”
- “Focus emerges when my nervous system is supported.”
- “I do not need to force myself to be worthy.”

Optional: EFT tapping while repeating



PHASE 4

Integrate NSRM

FROM INSIGHT →
EMBODIMENT → REAL-LIFE
CONSISTENCY

Integration is not doing more. It's teaching the nervous system that new patterns are safe.

WHAT INTEGRATION MEANS IN NSRM

In the Neuro-Somatic Rewire Method™, integration is the phase where:

- The nervous system practices the new pattern in small, repeatable ways
- Safety is reinforced after insight or rewiring
- Change becomes familiar instead of effortful

**Integration is not performance.
It is pattern stabilization.**

THE PURPOSE OF PHASE 4

Phase 4 exists to answer one key question for the nervous system:

“Can I bring this new way of being into real life without losing safety?”

This is especially important for ADHD and trauma-sensitive systems, where change—even positive change—can feel destabilizing.

HERE ARE SOME STEPS:

- Step 1: A “Containment Practice”
- Step 2: Micro-Application
- Step 3: Nervous-System Confirmation



Step 1: A “Containment Practice”

STEPS TO INTEGRATE NSRM

Stabilize Before Applying

Before taking action, the body must feel held.

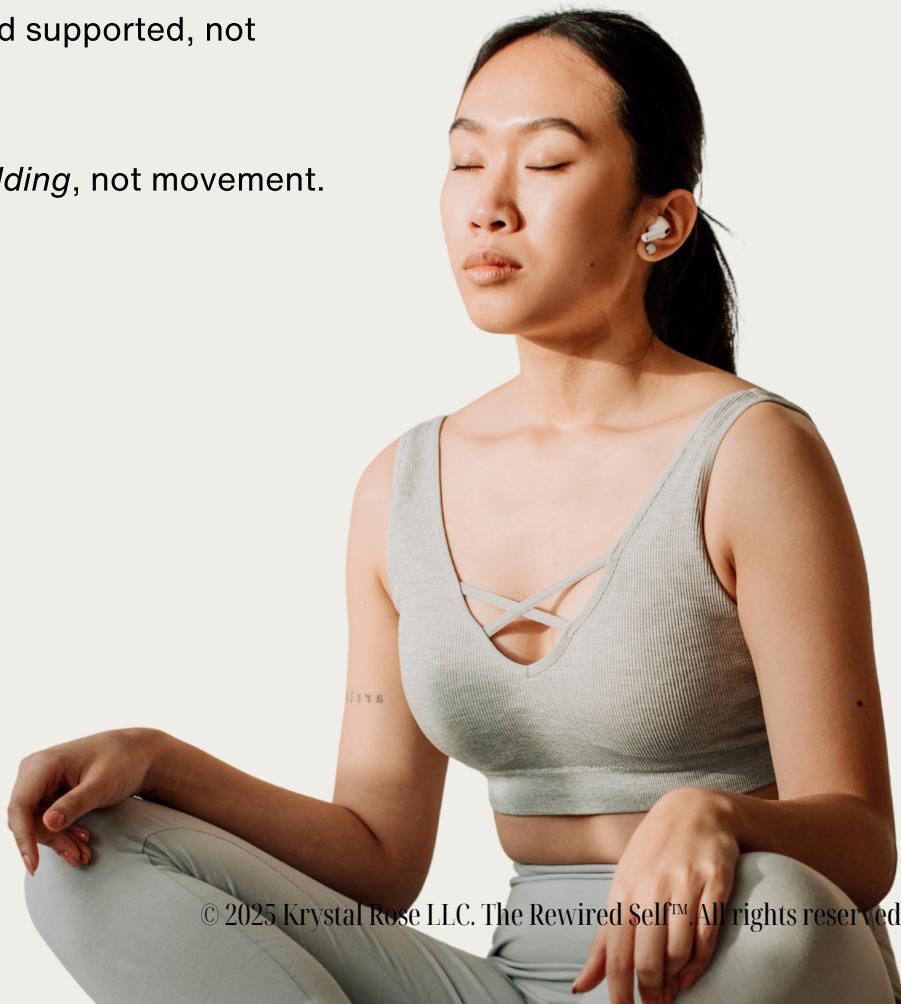
This may look like:

- Feet grounded on the floor
- Back supported by chair or wall
- Hands resting or holding a steady object
- Low, predictable sensory input

Why this matters

The nervous system integrates new learning best when it feels bounded and supported, not mobilized or pressured.

Integration starts with *holding*, not movement.



Step 2: Micro-Application

STEPS TO INTEGRATE NSRM

One Small, Safe Expression of Change

Instead of asking:

“How do I apply this everywhere?”

We ask:

“What is the smallest way I can live this safely?”

Examples:

- Speaking one honest sentence
- Staying with a task for two minutes
- Choosing rest without justification
- Interrupting a pattern once—not perfectly

A Rule of Integration

If it feels effortful, it's too big.

If it feels boring or neutral,
it's often perfect.



Step 3: Nervous System Confirmation

STEPS TO INTEGRATE NSRM

Teach the Body That Change Is Safe

After the micro-application, pause and consciously signal safety.

This can include:

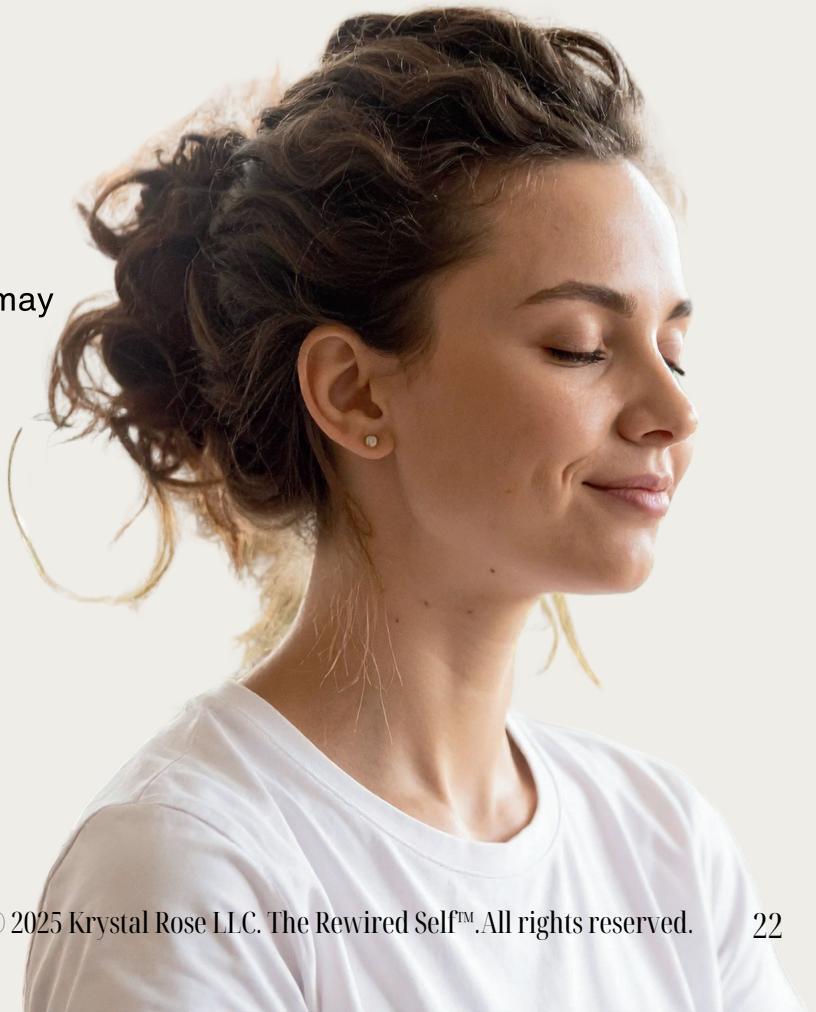
- A long exhale
- A grounding touch
- A reassuring internal statement
- A moment of stillness

Example internal language:

- “That was safe.”
- “Nothing bad happened.”
- “We can do that again.”

This is critical

Without this step, the nervous system may categorize the change as *threatening* and resist it next time.



PHASE 4 *Integrate NSRM*

FROM INSIGHT →
EMBODIMENT → REAL-LIFE
CONSISTENCY

WHAT PHASE 4 IS NOT

Phase 4 is not:

- Forcing habits
- Holding yourself accountable through pressure
- Pushing consistency
- Measuring success by output

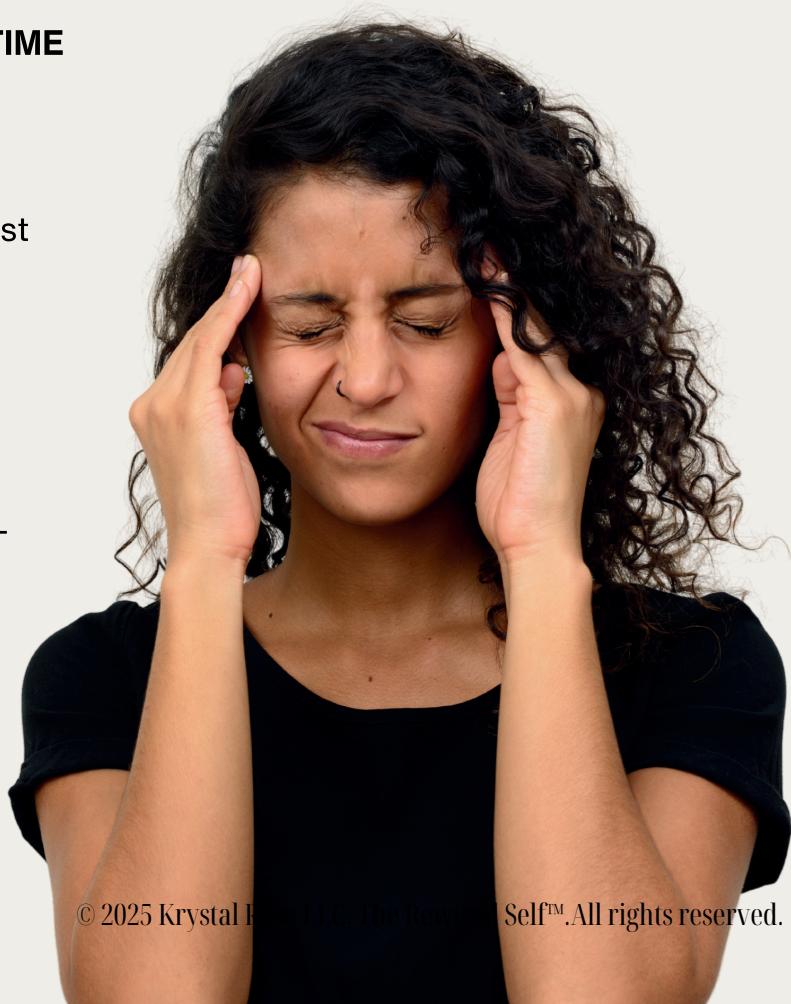
Those approaches often reinforce old survival patterns.

WHAT PHASE 4 BUILDS OVER TIME

With repetition, Phase 4 creates:

- Increased nervous-system trust
- Reduced rebound behaviors
- Less self-interruption
- More natural follow-through
- Identity-level change

This is how change becomes self-sustaining.



Easy Daily Routine

15–30 MINUTE DAILY RHYTHM

Morning (5–10 min)

- Shake or move
- Regulating breath
- One rewire statement

Midday Reset (5 min)

- Cross-lateral tapping
- Extended exhales

Before Focus Work

- Movement + sensory input

Evening (5–10 min)

- Gentle sway
- Reassurance to the nervous system

WHAT IS REWIRED OVER TIME

As you practice, you may notice:

- ✓ Less shame
- ✓ More self-trust
- ✓ Reduced burnout cycles
- ✓ Increased clarity
- ✓ More consistent energy

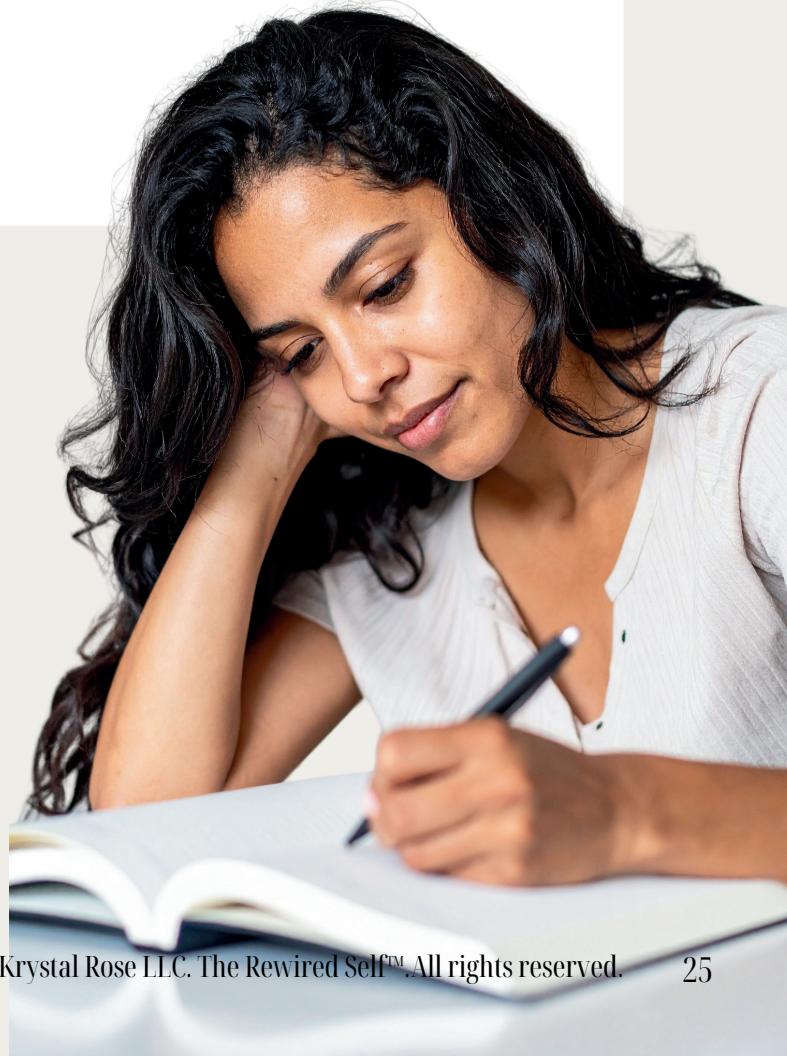
This is **pattern change**, not perfection.



Easy Daily Routine

15–30 MINUTE DAILY RHYTHM

REFLECTION: WHAT ELSE DO YOU NOTICE?



ADHD *Identity Shift*

Read slowly:

“My nervous system is not broken.

It is sensitive, intelligent, and responsive.”

“I appreciate my nervous system. I love my mind and body. I can regulate my emotions.”

JOURNAL PROMPT: WHAT DOES THIS REFRAME CHANGE FOR YOU?

ADHD *Identity Shift*

WHAT OTHER IDENTITY SHIFT DO YOU HAVE OR WANT TO HAVE?

You do not need to become someone else to function.

You need a system that works **with your body**.

This is how we rewire ADHD at the root.



CONTINUE YOUR REWIRE JOURNEY

Explore More Support & Resources

If this workbook resonated with you, there are many ways to continue deepening this work at a pace that feels aligned for you.

GET MORE FREE TOOLS INSIDE THE TRANSFORMATION HUB

Regulation practices, somatic tools, and nervous-system-friendly resources to support you between sessions.

LISTEN TO THE REWIRED SELF PODCAST

Explore episodes on anxiety, nervous system regulation, subconscious patterns, identity, and embodied self-trust.

JOIN MY VIRTUAL INTEGRATION GROUPS

Ongoing support spaces where we practice regulation, integration, and rewiring together—especially helpful if you learn best in community.

ATTEND WORKSHOPS OR COURSES

Live and on-demand experiences designed to help you understand your nervous system and rewire patterns at the root.

BOOK A 1:1 CLARITY CALL

If you'd like personalized guidance, a Clarity Call is a space to explore what support would be most aligned for you right now. Text "CLARITY" to 714-794-5438 to book a free 20-minute clarity call with Krystal Rose.



A Final Reminder

You are not broken.

You are not behind.

Your nervous system is learning safety one step at a time.

Thank you for allowing me to be part of your journey.

With care,

Krystal Rose, RTT, NLP, C.HYP

Founder, *The Rewired Self*

Creator of the **NeuroSomatic Rewiring™ Method**

**BOOK A FREE
CLARITY CALL**

