

Name \_\_\_\_\_ Date \_\_\_\_\_

### Maladaptive Behaviors

A major impact of our life trauma events is the way our nervous system can become maladaptive in response. We become so normalized to this maladaptive stress response, that we often don't even realize it is happening.

The result of this maladaptive stress response in our day to day lives, along with the patterns of thinking, feeling and behavior may have resulted in normalization of poor behaviors or habits.

To help bring this to life, please answer the below questions:

On a scale of 1-10 (1=good/10=bad) how would you rate the following?

Anxiety - your level of nervous system self-regulation? \_\_\_\_\_

Depression - the depth of your sadness/hopelessness? \_\_\_\_\_

Sleep - your overall sleep quality? \_\_\_\_\_

Health - your general health? \_\_\_\_\_

Energy - your level of exhaustion vs productivity \_\_\_\_\_

Resilience - your ability to recover; to bounce back from adversity? \_\_\_\_\_

Relationships - your relationships? partner \_\_\_\_\_; family \_\_\_\_\_; co-workers/friends \_\_\_\_\_

Addictions - your freedom to choose/your ability to walk away? \_\_\_\_\_

Anger - your ability to manage in a productive way? \_\_\_\_\_

If there is anything else you would like to comment on, please do so below:

Remember, just because we have normalized to something, doesn't make it optimum or healthy for us. The key to changing is learning to RESET our nervous system to bring back balance and unlock our healing potential.