

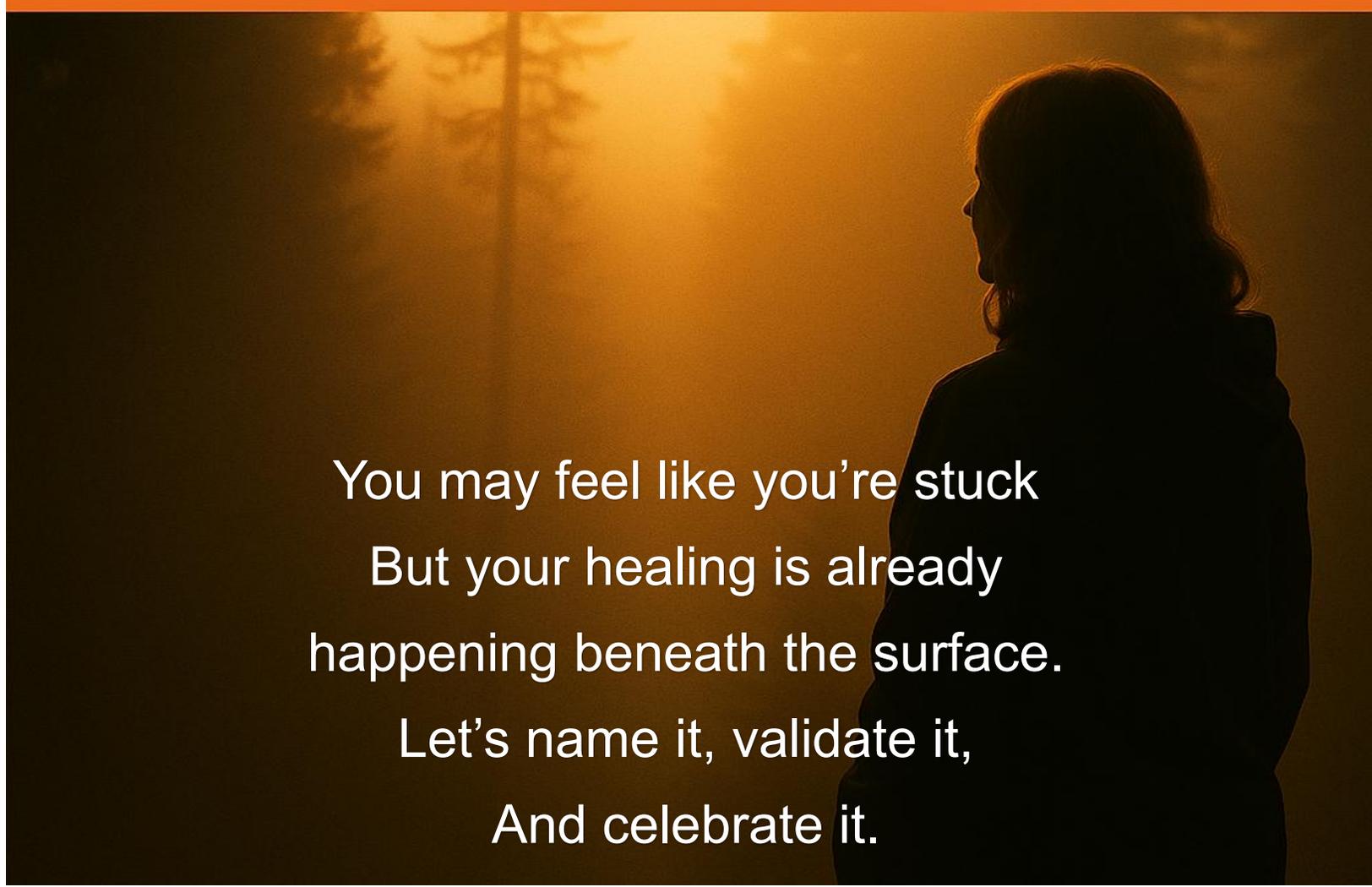
Serenity Now

FOUNDATIONS

*Healing Adult Victims of Childhood Abuse
- Survivor to Thriver*

The Nervous System Repatterning Journal

A Trauma-Informed Practice for Learning to Feel
Safe Without Chaos

A silhouette of a person with long hair, seen from the side, looking out at a sunset over a forest. The sun is low on the horizon, creating a warm, golden glow that filters through the trees. The person's face is in shadow, but their profile is clearly visible against the bright light.

You may feel like you're stuck
But your healing is already
happening beneath the surface.
Let's name it, validate it,
And celebrate it.

The Nervous System Repatterning Journal

A Trauma-Informed Practice for Learning to Feel Safe Without Chaos

by Serenity Now Foundations

For women healing from a childhood of survival, one regulated breath at a time.

Welcome, Nervous System Whisperer.

If you clicked on this, your story might sound familiar.

You're healing. You're building peace.

But when things get quiet, you... panic.

“This feels too calm. Something must be wrong.”

“I'm just waiting for the other shoe to drop.”

“Peace feels... unfamiliar. And unfamiliar doesn't feel safe.”

This is not your fault.

If you grew up in trauma, chaos was your normal.

Your nervous system became expertly attuned to danger.

Now that you're healing, your system still scans for the old signals.

That's why this journal exists—to repattern your body's sense of safety, gently and consistently. To help you feel safe *in peace*, not just in survival.

Why Your Brain Doesn't Trust Calm (Yet)

Your nervous system is brilliant. It adapted to the world you were given.

For many survivors of childhood abuse or neglect, that meant:

- Reading moods to stay safe
- Bracing for criticism or abandonment
- Mistaking intensity for love
- Always waiting for the next disruption

In short: chaos = familiar = survivable

Peace = unfamiliar = threat

But your nervous system can change. That's neuroplasticity.

And journaling—especially paired with body-based awareness—can help rewire your internal safety map.

This isn't mindset work. It's embodied safety work.

How to Use This Journal

- Use this journal daily or as often as you can.
- You don't need to write a lot—just write *honestly*.
- Start slow. Go gently. Stop if it feels too much.
- Pair this with a regulation practice like slow breathing, tapping, or grounding.

Let's begin.

SECTION 1: Daily Nervous System Check-In

Use this short body scan at the start of each journaling session.

Where do I feel tension in my body?

What's my heart rate like right now?

Slow and steady Fast Pounding I don't know

What's my breathing like?

Shallow Deep Holding breath Not sure

Is there any part of me that feels calm or neutral right now?

Note: Finding even *1% of calm* is enough to begin rewiring. You're not failing if you feel dysregulated. You're just being honest.

SECTION 2: Repatterning Prompts

Choose one prompt per day to reflect on. Breathe before and after writing.

Prompt 1:

**When life feels calm, what story does my nervous system tell me?
(e.g., "This won't last," "I don't deserve this," "They'll leave soon.")**

Prompt 2:

What did peace look like in my childhood? Was it real, or did it come before chaos?

(e.g., “Calm meant walking on eggshells,” “We were only quiet before a blow-up.”)

Prompt 3:

**What does safety feel like *in my body*—not just my thoughts?
Describe physical sensations, even subtle ones.**

Prompt 4:

**What small moment of peace did I feel this week? How did I respond to it?
(e.g., “I got overwhelmed and picked a fight,” “I distracted myself,” “I enjoyed it.”)**

Prompt 5:

**Finish this sentence:
“If I fully trusted peace, I would...”**

Prompt 6:

**If chaos is my comfort zone, what’s one way I can create safety in stillness instead?
(e.g., soft music, deep breaths, lighting a candle)**

Prompt 7:

**What would it look like to create peace I *choose*—not peace I wait for?
(e.g., building a routine, saying no, pausing before reacting)**

SECTION 3: Safety Anchors

Write out a few personalized safety anchors—short, grounding phrases you can say when peace feels scary.

Examples:

- “It’s safe to slow down.”
- “Calm doesn’t mean something bad is coming.”
- “My body is learning new patterns.”
- “I don’t have to earn stillness.”

Your anchors:

1. _____
2. _____
3. _____

Practice: Say these out loud while placing a hand on your chest or belly. Repeat slowly 3x.

SECTION 4: Peaceful Moment Tracker

Each day, track even the smallest moments of felt peace. This builds evidence for your brain that peace is not a threat—it’s a possibility.

Date	Moment of Peace	Felt Safe? Y/N	Body Sensation (e.g. warm, soft, still)
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Try tracking 7–14 days in a row. This alone begins the repatterning.

SECTION 5: When Old Patterns Return

You will backslide. You'll seek chaos. You'll sabotage peace sometimes. This isn't failure. It's familiar.

Use this space to reflect without shame.

Today I noticed myself seeking chaos by...

I think I did this because...

- I was scared of losing connection**
- Peace felt boring or unsafe**
- I was overwhelmed and needed distraction**
- Other: _____**

What could I try next time to soothe that fear without sabotaging myself?

Final Reflection: Peace Is a Practice

You're not doing this wrong if peace feels hard.

You're not unhealed if your body still flinches at calm.

You are retraining your nervous system after a lifetime of survival. That's sacred work.

Each journal entry is a neural message to your brain:

"It's okay now. We're safe enough to heal."

Want More Support?

Join our trauma recovery course: 7 Steps to Turn Your Demons Into Puppies

→ Learn how to deactivate your survival responses using neuroplasticity

👉 Explore the course at <https://serenitynowfoundations.com/>

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