DYSREGULATOR TWO

Lack of nervous system regulation.

And how to *regulate* it.

WHY THIS DYSREGULATOR MATTERS

Your body decides before your mind does.

The nervous system is the foundation of everything in your life. Your decisions, your reactions, your mood, your focus, your sleep, your relationships. All of it runs on top of your state. If your body is stuck in fight or flight, no amount of mindset work fixes it. You can think your way to insight. You cannot think your way to regulation. The body has the last word.

THE FRAMEWORK

The dysregulator. And the antidote.

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UPGRADE

THE DYSREGULATOR

Lack of nervous system regulation.

Your physiological state is the foundation of everything in your life. How you think, how you decide, how you show up, how you feel. If you do not understand your nervous system and cannot regulate it, you are dysregulated by default. No mindset work fixes a body stuck in survival mode.

Most high performers spent years training their body that pressure equals productivity. The nervous system learned. It now runs on low-grade fight or flight even when there is no real threat. Calm feels foreign. Urgency feels safe. The body cannot tell the difference between a hard meeting and a real danger.

THE REGULATION

Upgrade your operating system.

This pillar is the practical work of regulating your nervous system. Tools and practices that move you out of fight or flight and into a regulated state your body can return to on its own. The goal is not relaxation as a reward. The goal is regulation as a baseline.

The work is physiological, not mental. You do not talk your nervous system into calm. You give it specific signals through breath, posture, and movement. Done consistently, the body learns a new default. Calm becomes the floor, not the ceiling.

H O W T H I S S H O W S U P

Recognize the pattern in your day.

If three or more of these are familiar, this dysregulator is active in you right now.

- → You wake up tired even after sleeping the right number of hours.
- → You feel "wired but tired." You cannot relax, but you also cannot focus.
- → You need caffeine to feel functional, or alcohol to come down.
- → Your shoulders, jaw, or stomach hold tension you cannot seem to release.
- → You react faster than you can think. You say things you later regret.
- → Stillness feels uncomfortable, almost unsafe. You fill it with activity.
- → You feel a baseline of urgency even when nothing urgent is happening.
- → Your body does not return to calm on its own after a stressful event passes.

C O M M O N P I T F A L L S

What gets in the way.

Thinking your way through dysregulation.
"I just need to push through" does not work. The body has the last word. Mindset cannot override physiology under pressure.

Skipping the body and going straight to mindset.
Insight without somatic practice is information, not regulation. Understanding why you are dysregulated does not regulate you.

Confusing dissociation with calm.
Going numb feels like peace, but it is the opposite of regulation. Real regulation is presence with ease, not absence.

Practicing regulation only when you are calm.
The point is to practice while the system is activated. That is how the body learns the new pattern. Calm-only practice does not transfer.

THE DAILY PRACTICE

The State Shift.

A 60-second reset you can use any time, anywhere. Practiced daily, it becomes your default.

1. **Notice.** Where in your body do you feel activation right now? Tight chest? Clenched jaw? Shallow breath? Name the sensation.
2. **Ground.** Plant both feet on the floor. Feel them pressing down. You are here, not in the future.
3. **Sigh.** Two sharp inhales through your nose. One long exhale through your mouth. Repeat three times. This is the physiological sigh.
4. **Soften.** Drop your shoulders. Unclench your jaw. Let your tongue fall from the roof of your mouth.
5. **Scan.** Re-scan your body. Where did the activation go? What shifted? That shift is regulation.

MID-DAY USE

Any time you feel activation rising (tight chest, racing thoughts, clenched jaw, shallow breath) run the cycle right there. You do not need privacy. You do not need an app. Three rounds of the physiological sigh will shift your state in 30 seconds.

REFLECTION PROMPTS

Use these in a journal, once a week.

1. What does my body feel like in the morning vs. the evening? Where does the tension live?
2. What activates my nervous system most often this week? People? Tasks? Internal thoughts?
3. When was the last time I felt true rest in my body, not just in my mind?
4. What am I doing to my body that I would never do to someone I loved?
5. Where do I confuse high productivity with high activation?
6. What would my life look like if my body felt safe to fully relax?

YOUR SELF-ASSESSMENT

Score your nervous system.

Read each statement. Rate how true it is for you on a scale of 1 to 5.
1 = Almost never true. 3 = Sometimes true. 5 = Almost always true.
Be honest. This is for you, not anyone else.

1	My body feels calm and at rest when I'm not actively doing something.	1 2 3 4 5
2	I can return to a regulated state on my own when I get stressed.	1 2 3 4 5
3	I don't feel a constant baseline of tension or low-grade urgency in my body.	1 2 3 4 5
4	I sleep deeply and wake up feeling restored.	1 2 3 4 5
5	I don't rely on caffeine, urgency, or pressure to function.	1 2 3 4 5
6	Stillness feels safe and comfortable to me.	1 2 3 4 5

WHAT YOUR SCORE MEANS

Add up your total. Find your range. Take your next step.

6-14 **Strong dysregulation here.**
Your nervous system has been on for so long it has forgotten how to be off. Regulation work pays the biggest dividend.
Your next step: Practice The State Shift three to five times a day for the next 14 days. Do it before it feels needed.

15-22 **Moderate dysregulation.**
Your system can regulate, but it is not reliable yet. The body sometimes returns to calm and sometimes stays activated.
Your next step: Practice The State Shift once or twice a day. Use it any time activation rises.

23-30 **Lower dysregulation.**
Your baseline is largely solid. The body returns to calm on its own most of the time.
Your next step: Use The State Shift as a maintenance tool, especially before high-stress moments. Keep the practice consistent.