



**BEYOND THE GRIND:  
RECLAIMING JOY AND HARMONY  
IN YOUR CAREER AND LIFE**

# GET TO KNOW YOUR NERVOUS SYSTEM

Now you are going to do a, 'Profile Map'. This is going to help you discover your nervous system home away from home.

Ventral is considered to be our home and the other states our home away from home. Thinking about the autonomic ladder, when you are in fear or struggle where is your nervous system home away from home?

Take a moment and think what is your default?

# PROFILE MAP

This is a technique developed by Deb Dana.

For the profile map we are going to focus on ventral, sympathetic and dorsal.

You will need three sheets of paper - it can be a notepad/ journal, different coloured pens or pencils.

**VENTRAL**



# MAPPING VENTRAL

- 1) Write down words you associate with being in ventral?
- 2) If ventral was a type of weather what would it be, draw this on your paper.
- 3) Write down what your behaviour is like when you are in a ventral state?
- 4) What colours do you associate with ventral?
- 5) Write down what sort of events, people, places, experiences and things that help you tap into ventral?
- 6) If ventral was energy, what type of energy would it be?
- 7) Anything else?

# SYMPATHETIC



# MAPPING SURVIVAL SYMPATHETIC

- 1) Write down words you associate with being in survival sympathetic?
- 2) If survival sympathetic was a type of weather what would it be, draw this on your paper.
- 3) Write down what your behaviour is like when you are in a survival sympathetic state?
- 4) What colours do you associate with survival sympathetic?
- 5) Write down what sort of events, people, places, experiences and things that trigger survival sympathetic?
- 6) If survival sympathetic was energy, what type of energy would it be?
- 7) Anything else?

# DORSAL





# MAPPING SURVIVAL DORSAL

- 1) Write down words you associate with being in survival dorsal?
- 2) If survival dorsal was a type of weather what would it be, draw this on your paper.
- 3) Write down what your behaviour is like when you are in a survival dorsal state?
- 4) What colours do you associate with survival dorsal?
- 5) Write down what sort of events, people, places, experiences and things that trigger survival dorsal?
- 6) If survival dorsal was energy, what type of energy would it be?
- 7) Anything else?

# IT'S BIOLOGICAL

Mindset and cognitive practices such as the law of attraction are not enough. In fact on their own they can be oppressive and avoidant.

When we our body has detected danger we automatically, autonomically go into a survival state. This happens below the level of consciousness. We have no control over our biological reaction.

However, we can learn how to react and over time how to preempt our biological responses. This builds self-trust and self-worth and **we create our experience from our self from ou** However this does not include systemic oppression!

I want you to refer to your ventral profile map - this will give you data about what you need to feel energetic.

More energy and aliveness helps us to widen our window of tolerance.

Our window of tolerance is a term used to describe our capacity for stress.

# Your Window Of Tolerance

