

NERVOUS SYSTEM CHECK IN

Practitioner Prompts

Settling into the **SPACE** (*Calm, Orientation, Safety*)

“What sensation in your body let’s you know you’ve arrived in this room today?”
 “If your nervous system could speak today, what would it say?”
 “On a scale of **STORMY** to **SUNNY**, where is your internal weather today?”



BREATH & BODY Awareness (*Grounding, Presence, Embodiment*)

“What part of your body feels most at ease?”
 “Without changing your breath, what do you notice about it?”
 “Does your body feel more **OPEN** or more **GUARDED** in this moment?”



Window of **TOLERANCE** check (*Regulation, Reflection, Self-Assessment*)

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 “If your nervous system could speak today, what would it say?”
 “On a scale of **STORMY** to **SUNNY**, where is your internal weather today?”



SAFETY & GROUNDING (*Stability, Resourcing, Support*)

“What in your environment feels safe, steady, and/or supportive?”
 “If you placed one hand on your heart or belly, what shifts??”
 “Is there one small adjustment that would help you feel just 5% more grounded?”



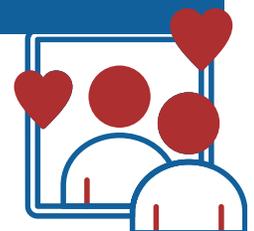
EMOTIONAL AWARENESS (*Recognition, Permission, Honesty*)

“What emotion is closest to the surface right now?”
 “Is there a feeling you’re holding that needs acknowledgement?”
 “Which emotion feels loudest? Which feels quiet?”



COMPASSION & SELF-PERMISSION (*Care, Softness, Self-Kindness*)

“What would being gentle with yourself look like right now?”
 “What’s one need you can honor in this moment?”
 “What pace would feel supportive for you today - slow, steady, or energizing?”



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ENERGY & CAPACITY *(Clarity, Navigation, Capacity)*

“What is your current energy level: low, medium, or high?”
“Do you feel like you have the capacity to take in new information?”
“Is there anything you want to release or set down before we continue?”



Readiness for LEARNING & ENGAGEMENT *(Connection, Focus, Safety)*

“What might help you stay present during our time together?”
“Do you feel ready to begin, or do you need a moment to settle?”
“What intention feels right for you as we start?”



Closing or Mid-Session RESET *(Integration, Transition, Reflection)*

“What’s shifted since the start of our session?”
“What does your nervous system need as we move into the next topic?”
“What feeling do you want to carry with you from this moment onward?”

