

Worksheet: Cultivating Your Capacity For Discharge

Want to heal or stay healthy? Make a habit of cooperating with your nervous system.

Exercise:

*Be kind to your nervous system.
Get more comfortable with discharge.*

1. Read the list at the left.

Circle some you notice in you,

X Cross Out some you hide,
avoid, or inhibit.

2 Talk about those you marked, or write notes by them.

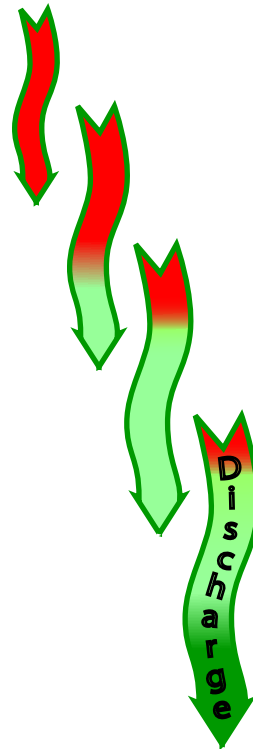
- When do you notice it?
- How do you feel about it?
- When do you allow it to show?
- When do you hide it or shut it down?

Talking about taboos, especially in a group, can ease the taboo.

Discharge List

*Honor, encourage and make space
for these responses.*

- Trembling, Shaking**
- Tingling, Tingle Flows**
- Twitching**
- Hot or Cold Sensations**
- Chills, Goose Bumps**
- Flushing, Sweating**
- Electrical Sensations**
- Deeper Breaths, Yawns**
- Laughter**
- Sobs, Tears**
- Fight or Flight Gestures**



Uncontained discharge can overwhelm and retraumatize. Sufficient resource and titration is essential.