

TRAINING RECAP



STEP
1



Whoah!!!

I know Step 1 is a lot of intense information to take in at once.

So, just for getting through that here are 4.5 more gold starts for you.



And to help you make quick sense of everything and not feel a pressure to hold all that information in your head... below is a brief overview of what was just covered in Step 1.

And don't worry about getting all this information perfectly right away.

There is plenty of time to understand all this over time.

With love and support,

Daniel

MAKE IT SOLVABLE

THE GOAL

- Our goal with Nervous System Reset (NSR) is:
 - To permanently solve your anxiety.

ROOT CAUSE

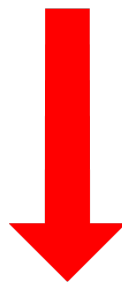
- To solve something we need to understand:
 - The deeper mechanics of what is going on.
 - Aka The Root Cause

PRACTICAL STEPS

- And we need simple, practical steps that address the root cause.

STEP 1

- Step 1 is about showing you:
 - The deeper mechanics of what's causing your anxious feelings.
 - In a way that simple, practical and solvable.



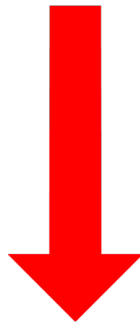
ACCUMULATED NEGLECT

- **It's About The Past**

- Part of why anxiety is confusing and hasn't been solved is because:
 - People think anxious feelings are about right now.
 - If you think your anxious feelings are about right now:
 - It doesn't make sense to you.
 - You are technically safe.
 - But you feel like you're going to die.
 - You feel confused, trapped, powerlessness to change.
 - However, anxiety isn't about what is happening right now.
 - Anxiety is based on past neglects that have caught up with you.

- **Accumulated Neglect = Symptoms**

- While your emotions are complex they're also just a system that's alive.
- Anything alive system if neglected long enough will eventually:
 - Become unhealthy
 - Show symptoms of neglect.
- Symptoms such as:
 - Becoming fragile/crashing
 - Becoming overly sensitive/reactive.
 - Releasing Pain



- **Examples**

- Neglected relationships = fighting and break ups
- Neglected planet = global warming and flooding
- Neglected garden = dead flowers, weeds and no honey from bees.
- Neglected finances = debt and eviction
- Neglected business = low sales and bankruptcy
- Neglected aquarium = dead fish
- Neglected dog = poop on the sofa
- Neglected teeth = painful infected tooth
- Neglected physical body = painful heart attack
- Neglected emotional body = anxiety/panic attacks ←

TAKEAWAY

Anxiety is not a mysterious problem...it's a symptom
A symptom of accumulated neglect.

Neglect such as:

LIST OF NEGLECT

WAYS YOU CAN NEGLECT YOURSELF / LITTLE YOU

<div style="text-align: center; margin-bottom: 10px;"></div> <ul style="list-style-type: none"> Not feeling your feelings Not sharing your feelings Not trusting your feelings Not listening to your feelings <div style="text-align: center; margin-bottom: 10px;"></div> <ul style="list-style-type: none"> Not being more assertive Not saying 'no' to people Not setting limits on people Not standing up for yourself Not holding people accountable <div style="text-align: center; margin-bottom: 10px;"></div> <ul style="list-style-type: none"> Not asking for help/support Not allowing love from others Not making yourself a priority Not speaking up for needs/wants Not allowing love/care from others Not balanced giving & receiving <div style="text-align: center; margin-bottom: 10px;"></div> <ul style="list-style-type: none"> Not doing more of what nourishes you/makes you happy Not making time to have fun/play/relax 	<div style="text-align: center; margin-bottom: 10px;"></div> <ul style="list-style-type: none"> Not taking on tasks/jobs at a balanced amount Not working in a healthy and nourishing environment Not taking better care of your health and wellness <div style="text-align: center; margin-bottom: 10px;"></div> <ul style="list-style-type: none"> Not being fair to yourself Not appreciating yourself Not letting yourself go slow Not being gentle with yourself Not being patient with yourself Not stopping when you're tired Not giving yourself understanding Not allowing mistakes/imperfections <div style="text-align: center; margin-bottom: 10px;"></div> <ul style="list-style-type: none"> Not distancing yourself from unkind/unhealthy relationships
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BROKEN TRUST

- **There Are Two Causes**

- The big question is:
 - Why do you feel so afraid on inside when things are safe on outside?
 - How do we solve this?
- Reason #1 (from above) is anxiety is a symptom of accumulated neglect.
- But there is another reason.

- **Anxious = Fear**

- Anxiety/panic is at its root.... *fear*. Extreme fear. But still just fear.
- So where is all this fear coming from?
- Fear is a symptom of feeling unsafe underneath.
- So why do you feel so unsafe underneath?
- Just like neglect, it is something that has been building for a while.

- **Broken Trust = Anxious**

- If somebody neglects you...you don't trust them and you feel unsafe
- If broken trust accumulates, you will feel more and more unsafe
- If you feel really, really unsafe, you will feel really, really scared
- Aka anxious and panicky.
- When you neglect yourself you break trust with yourself.
- And that broken trust has been building for a while now.
- Therefore anxiety is the symptom of two things:
 - a) Accumulated neglect with yourself
 - b) Accumulated broken trust with yourself.

STEP 1 TAKEAWAY

Anxiety is not a problem...it's a symptom.
A symptom of two things.
Accumulated neglect and accumulated broken trust