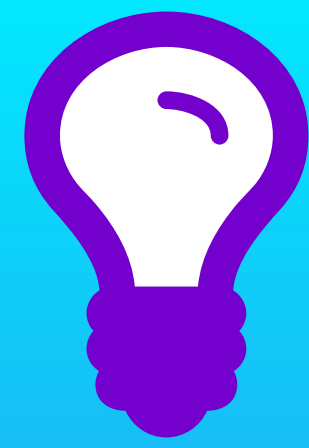




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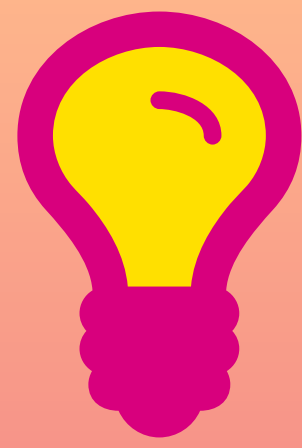
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LEARN WHAT IMPACT YOUR PARTNER'S NERVOUS SYSTEM HAS ON YOURS! **LEARN HOW TO HEAL THIS SUNDAY!**

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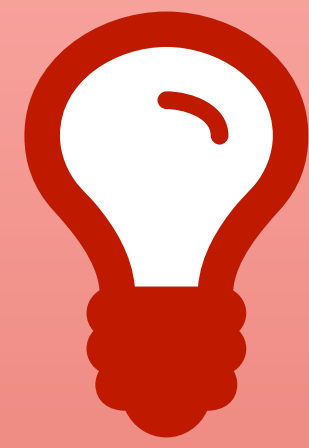
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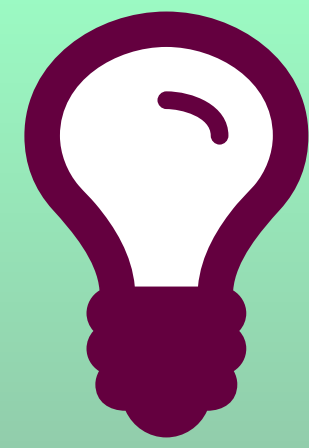
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10 WAYS TO KNOW THAT YOU ARE MARRIED TO SOMEONE THAT HAS A TRAUMATIZED NERVOUS SYSTEM!

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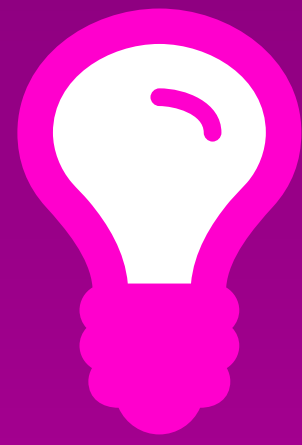


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ARE YOUR FAMILY & FRIENDS' NEGATIVE NERVOUS SYSTEMS MAKING YOU SICK?

Learn how to protect yourself Sunday!

By Charles E. Winburn, M.Ed.



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ARE YOU DATING SOMEONE WITH A 'TRAUMATIZED' NERVOUS SYSTEM? LEARN HOW TO IDENTIFY THE SIGNS THIS SUNDAY!

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Resources

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**Research-based vitamins
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John H. Thomas, Ed.D.

Clinical psychologist

513-961-5682

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Brain SPECT Imaging

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Natural ways to heal your body

Clifton Natural Foods

336 Ludlow Avenue

Cincinnati, OH 45220

513-961-6111

Ohio Domestic Violence Network (ODVN) Helpline

1-800-934-9840

www.odvn.org

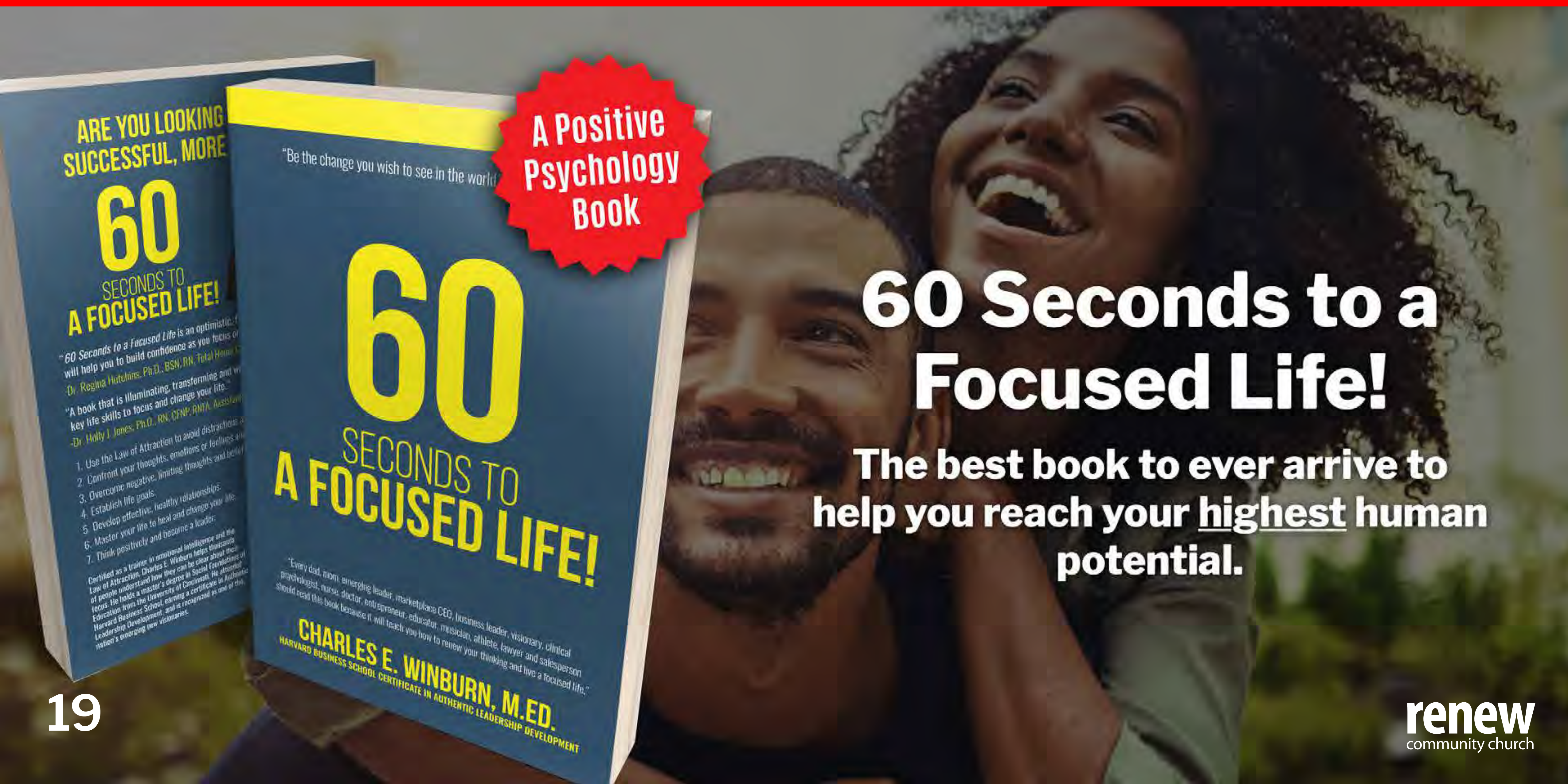
National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

www.thehotline.org

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SECONDS TO
A FOCUSED LIFE!

"60 Seconds to a Focused Life is an optimistic, practical book that will help you to build confidence as you focus on your goals."
-Dr. Regina Hutolins, Ph.D., BSN, RN, Total Home Care

"A book that is illuminating, transforming and will help you master key life skills to focus and change your life."
-Dr. Holly J. Jones, Ph.D., RN, CFNP, RNTA, Assistant Professor

1. Use the Law of Attraction to avoid distractions and achieve your goals.
2. Confront your thoughts, emotions or feelings and beliefs.
3. Overcome negative, limiting thoughts and beliefs.
4. Establish life goals.
5. Develop effective, healthy relationships.
6. Master your life to heal and change your life.
7. Think positively and become a leader.

Certified as a trainer in emotional intelligence and the Law of Attraction, Charles E. Winburn helps thousands of people understand how they can be clear about their focus. He holds a master's degree in Social Foundations of Education from the University of Cincinnati. He attended Harvard Business School, earning a certificate in Authentic Leadership Development, and is recognized as one of the nation's emerging new visionaries.

60

SECONDS TO
A FOCUSED LIFE!

CHARLES E. WINBURN, M.ED.
HARVARD BUSINESS SCHOOL CERTIFICATE IN AUTHENTIC LEADERSHIP DEVELOPMENT

**And be not conformed to this
world: but be ye transformed by the
renewing of your mind...**

Romans 12:2

That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; And be renewed in the spirit of your mind;

Ephesians 4:22-23

**Lie not one to another, seeing
that ye have put off the old man
with his deeds; And have put on
the new man, which is renewed in
knowledge after the image of him
that created him:**

Colossians 3:9-10

**For which cause we faint not; but
though our outward man perish,
yet the inward man is renewed day
by day.**

2 Corinthians 4:16

**Therefore if any man be in Christ,
he is a new creature: old things are
passed away; behold, all things are
become new.**

2 Corinthians 5:17

**Not by works of righteousness
which we have done, but according
to his mercy he saved us, by the
washing of regeneration, and
renewing of the Holy Ghost;**

Titus 3:5

**Looking diligently lest any man fail
of the grace of God; lest any root
of bitterness springing up trouble
you, and thereby many be defiled;**

Hebrews 12:15

**Wherefore gird up the loins of your
mind, be sober, and hope to the end
for the grace...**

1 Peter 1:13

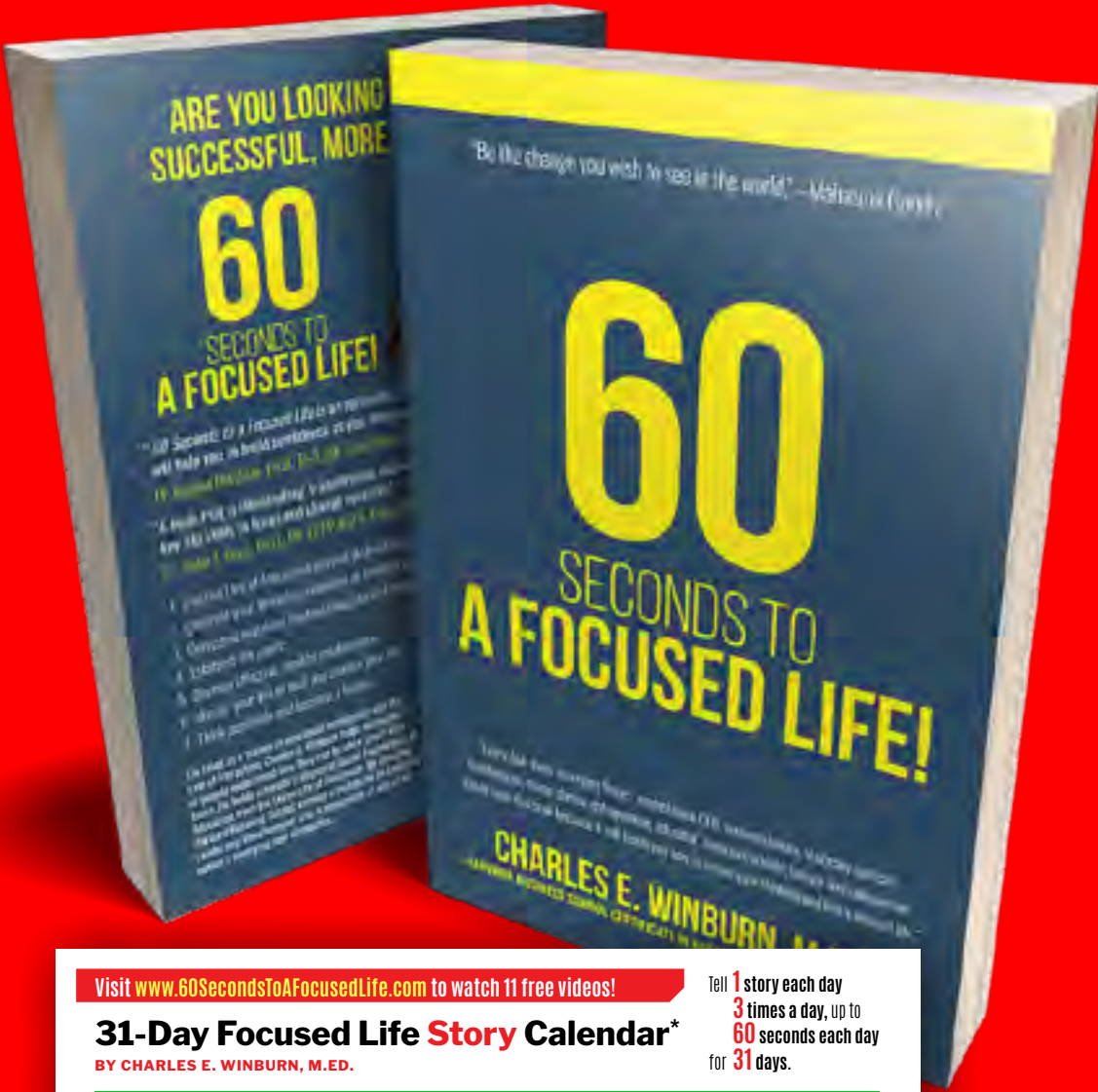
**As obedient children, not
fashioning yourselves according to
the former lusts in your ignorance:**

**But as he which hath called you is
holy, so be ye holy in all manner of
conversation;**

1 Peter 1:14-15

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

Philippians 4:8



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DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
It is my divine and human right to have fun today.	It is my divine and human right to be happy today.	It is my divine and human right to be in love and express my love today.	It is my divine and human right to walk in grace and to be by the Holy Spirit today.	It is my divine and human right to walk in wisdom and the skill of God today.	It is my divine and human right to experience serenity today.	It is my divine and human right to forgive myself and others today.
It is my divine and human right to love today.	It is my divine and human right to be joyful and to have a great outlook on life today.	It is my divine and human right to be in peace and to be in the arms of God today.	It is my divine and human right to be in the arms of God today.	It is my divine and human right to be in the arms of God today.	It is my divine and human right to be in the arms of God today.	It is my divine and human right to be in the arms of God today.
It is my divine and human right to walk in grace today.	It is my divine and human right to be in the arms of God today.	It is my divine and human right to be in the arms of God today.	It is my divine and human right to be in the arms of God today.	It is my divine and human right to be in the arms of God today.	It is my divine and human right to be in the arms of God today.	It is my divine and human right to be in the arms of God today.
It is my divine and human right to do all things through Christ who strengthens me today.	It is my divine and human right to pray in the name of God today.	It is my divine and human right to be in the arms of God today.	It is my divine and human right to be in the arms of God today.	It is my divine and human right to be in the arms of God today.	It is my divine and human right to be in the arms of God today.	It is my divine and human right to be in the arms of God today.
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25 examples that one or both partners' nervous systems are damaging their relationship

AI Research

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- 1. Frequent “shut down” (freeze):**
going quiet, withdrawing, or
becoming unresponsive during
conflict.

2. Overreacting emotionally:
sudden intense anger, fear, or
tears that feel bigger than the
trigger.

3. Self-protective defensiveness:
criticism feels like danger
and leads to immediate
counterattacks.

4. Stonewalling: delaying/avoiding conversation, ending talks abruptly, or refusing to engage.

5. Hypervigilance: scanning for tone changes, reading threats into neutral comments.

6. Miscommunication from stress:
words come out differently than
intended, leading to repeated
misunderstandings.

**7. Demand for reassurance:
needing frequent reassurance
because calm doesn't feel safe.**

**8. Difficulty initiating repair:
struggling to apologize or
“make it right” after conflict.**

9. Can't tolerate closeness after stress: needing space right after intimacy or affection.

10. Pushing/pulling cycle: one partner wants closeness, then panics and pulls away.

11. Avoidance of specific topics:
certain conversations (money,
sex, boundaries) trigger
avoidance.

12. Trigger-based emotional flooding: getting overwhelmed quickly and losing the ability to reason.

**13. Rumination after interactions:
replaying conversations
for hours/days, escalating
resentment or fear.**

14. Controlling behavior: trying to manage safety by controlling plans, access to phones, spending, etc.

15. Breaking agreements under stress: “forgetting,” canceling last minute, or reneging when activated.

**16. Rigid communication style
under pressure: only one
“correct” way to talk exists,
otherwise it becomes conflict.**

17. Low conflict tolerance: minor disagreements feel like major relational threats.

18. Threat interpretation: assuming bad intent (“they don’t care,” “they’re against me”) when stressed.

19. Physiological stress showing up in communication: shaking voice, fast speech, pacing, or tense body.

20. Emotional absence: feeling numb, disconnected, or unable to access warmth even when you want to.

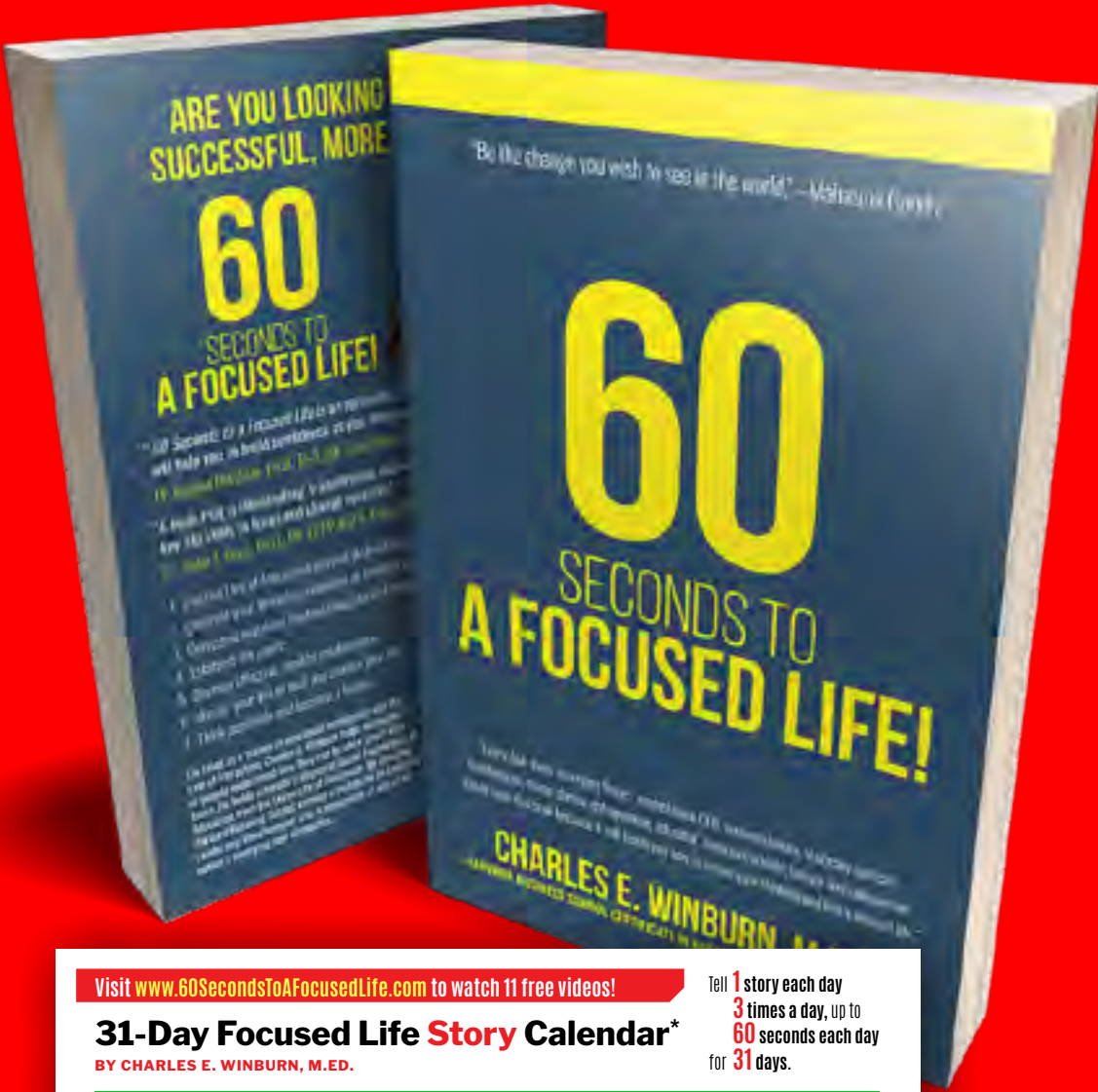
21. Blame spirals: shifting from “what happened?” to “who is wrong?” repeatedly.

22. Repeating the same fight:
returning to the same issue
because nervous-system
activation interrupts change.

23. Difficulty hearing “no”: one partner reacts strongly to boundaries, requests, or disagreement.

24. Escalation loops: conflict becomes worse despite attempts to de-escalate (each attempt triggers more activation).

**25. Repair attempts that backfire:
trying to talk “while activated”
but the conversation derails,
leaving both more dysregulated.**



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DAY 8 It is my divine and human right to love today.	DAY 9 It is my divine and human right to feel joy and great outlook on life today.	DAY 10 It is my divine and human right to feel joy and peace in the universe and live earth today.	DAY 11 It is my divine and human right to feel safe today.	DAY 12 It is my divine and human right to walk in the illumination and kindness of God today.	DAY 13 It is my divine and human right to be kind to self and others today.	DAY 14 It is my divine and human right to be harmonious today.
DAY 15 It is my divine and human right to walk in courage today.	DAY 16 It is my divine and human right to be peaceful, to feel and others and share peace today.	DAY 17 It is my divine and human right to be free and speak the freedom today.	DAY 18 It is my divine and human right to live in the presence of God today.	DAY 19 It is my divine and human right to live, move and have my being in God today.	DAY 20 It is my divine and human right to renew my mind today.	DAY 21 It is my divine and human right to be more than a consumer over my spiritual, health and mental life today.
DAY 22 It is my divine and human right to do all things through Christ who strengthens me today.	DAY 23 It is my divine and human right to pray in peace and feel peace today.	DAY 24 It is my divine and human right to walk in the will of God. I trust in God today.	DAY 25 It is my divine and human right to focus on what I want. I focus on happiness today.	DAY 26 It is my divine and human right to feel good every 60 seconds today.	DAY 27 It is my divine and human right to have great relationships today.	DAY 28 It is my divine and human right to prosper and walk in all the fullness of God's promises today.
DAY 29 It is my divine and human right to be transformed and renewed in my heart today.	DAY 30 It is my divine and human right to walk in divine health and healing today.	DAY 31 It is my divine and human right to have plenty of money and materials to bless others today.	*It takes approximately 21 days to get rid of a negative vibration. In 31 days, you will have created for yourself a positive and life-changing emotional vibration.			

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25 scientific examples of how an unhealthy nervous system looks

AI Research

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- 1. Persistent hyperarousal (chronic “on edge”):** Shows up as sustained threat-related activation of stress systems (e.g., elevated sympathetic activity), often linked with chronic anxiety, insomnia, and difficulty downshifting.

- 2. Chronic sleep disruption (short, fragmented, non-restorative sleep):** Disturbs autonomic and neuroendocrine regulation; poor sleep affects prefrontal-limbic control and can worsen mood, attention, and pain sensitivity.

- 3. Reduced heart rate variability (HRV):** Often reflects impaired parasympathetic (vagal) regulation and stress resilience; lower HRV is associated with higher stress load and some cardiometabolic risks.

- 4. Elevated resting sympathetic signs:** Examples include consistently high resting heart rate, sweating, and muscle tension—suggesting an autonomic imbalance toward “fight/flight.”

- 5. Orthostatic intolerance or POTS-like patterns:** Symptoms (lightheadedness, palpitations when standing) suggest autonomic dysregulation of blood pressure and heart rate control.

6. Frequent panic attacks or sudden terror surges: Often involves exaggerated fear circuitry and autonomic responses (racing heart, breath changes) that feel overwhelming and out of proportion.

- 7. Trauma-related re-experiencing and hypervigilance:** Indicates dysregulated threat processing in networks involving the amygdala, hippocampus, and prefrontal control—common in PTSD.

- 8. Dissociation (feeling unreal, detached, time distortion):** Can reflect defensive shutdown or altered integration between salience/threat detection and higher-order self-processing.

- 9. Motor tics or involuntary movements:** Suggest dysfunction in basal ganglia–cortical circuits and inhibitory control; stress often worsens symptoms.

10. Resting tremor or tremor during action: May reflect impaired motor control pathways and neurotransmitter imbalance (e.g., dopaminergic and cerebellar involvement).

11. Spasticity and hyperreflexia after neurological injury:
Indicates disrupted inhibitory pathways in descending motor control (upper motor neuron involvement).

12. Peripheral neuropathy symptoms (numbness, burning pain, tingling): Reflects dysfunction of peripheral nerves; can arise from diabetes, toxin exposure, autoimmune causes, or vitamin deficiencies.

13. Loss of sensation in a “stocking-glove” distribution: A common pattern in length-dependent peripheral neuropathies, affecting distal limbs first due to nerve length vulnerability.

14. Allodynia (pain from normally non-painful touch): Suggests abnormal sensory gain in spinal and brain pain pathways (central sensitization).

15. Hyperalgesia (stronger-than-normal pain response): Often corresponds to amplified nociceptive processing in the nervous system.

16. Chronic widespread pain with sensory sensitivity: Can involve central nervous system amplification rather than only ongoing peripheral tissue damage.

17. Migraine patterning with sensory hypersensitivity:
Migraine involves abnormal excitability and network dynamics; light/sound sensitivity reflects heightened sensory processing.

18. Seizure-like episodes (staring spells, convulsions, post-episode confusion): Reflects abnormal synchronized electrical activity in the brain and impaired seizure threshold control.

19. Cognitive “fog” (attention and working memory problems):
Often associated with dysregulated arousal systems and neuroinflammation/stress impacts on prefrontal networks.

20. Brainstem/autonomic symptoms (swallowing, temperature regulation, unusual sweating): Suggests dysfunction in brainstem autonomic control pathways (can occur in several neurological conditions).

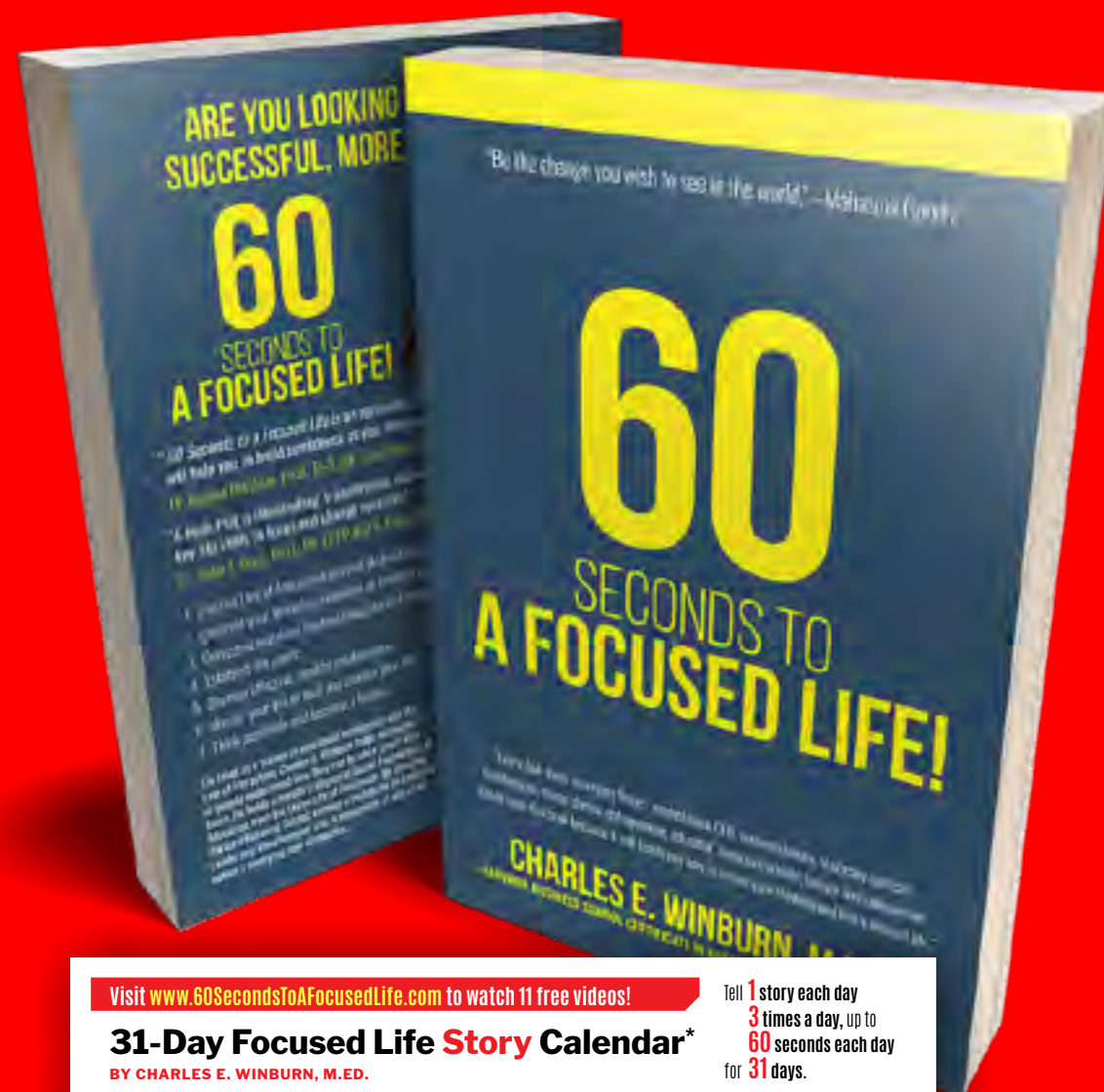
21. Weakness or coordination deficits (gait instability, ataxia):
Points toward cerebellar or sensory integration problems affecting balance and movement timing.

22. Exaggerated startle response (high acoustic startle, difficulty relaxing afterward): Indicates heightened threat reactivity and reduced inhibitory control of defensive circuits.

23. Numbness with impaired proprioception (clumsiness, imbalance in the dark): Suggests sensory pathway dysfunction affecting the brain's internal body position signal.

24. Medication- or substance-related nervous system dysregulation (tremor, insomnia, agitation, rebound effects):
Many CNS-active substances alter excitatory/inhibitory balance and autonomic stability; withdrawal can also produce rebound hyperexcitability.

25. Abnormal reflex patterns (clonus, pathological reflexes such as Babinski): Reflects disrupted corticospinal tract inhibition or altered spinal network excitability, depending on the reflex.



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25 examples of how a couple with a positive nervous system looks when they are in a healthy relationship

AI Research

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- 1. They can both pause without punishing:** When emotions spike, they take a breath or time-out to de-escalate instead of escalating, blaming, or “making it a fight.”

- 2. They seek reassurance rather than attack:** One partner signals stress (“I’m getting overwhelmed”) and the other responds with care instead of arguing the moment away.

3. **Repair happens quickly:** After a tense moment, they reconnect fast (an apology, a hug, “I didn’t mean that,” or “Can we try again?”).

- 4. They stay oriented to “we,” not “you versus me”: Conversations shift toward teamwork: solutions, shared values, and mutual protection.**

5. They use respectful tone even under stress: Their nervous systems don't go into fight/flight; volume, sarcasm, and harshness don't become the default.

- 6. They can disagree and still feel safe:** Different opinions don't threaten the relationship; they treat disagreement as information, not danger.

7. They show interest when the other is activated: Instead of shutting down, they ask gentle questions and listen with patience.

8. They trust each other's positive intent more often than not: Even when hurt happens, they don't assume the worst automatically.

- 9. They celebrate each other's wins:** Joy is shared freely; their system interprets closeness as safe rather than risky.

10. They have “soft starts” for sensitive topics: They introduce hard subjects with care (“Can we talk about something important?”) rather than ambush or criticism.

11. They can regulate together:
One partner helps the other
come down (warm voice, steady
presence, grounding), rather
than intensifying panic or anger.

12. They respect boundaries without making it a betrayal: “No,” “not now,” or “I need space” are accepted without retaliation.

13. They ask for what they need directly: Clear requests replace indirect hints, tests, or mind-reading.

14. They don't keep a tally: They don't turn every issue into a ledger; they focus on the current problem and healing.

15. They use humor that stays kind:
Lightness appears, but it never
turns into contempt, cruelty, or
humiliation.

16. They notice and respond to body-level cues: They pick up on tension, distance, or shutdown and gently adjust (slower pace, softer approach).

17. They allow vulnerability without collapsing: One partner can share fear or uncertainty and the other doesn't mock, abandon, or overwhelm them.

18. They repair through connection, not domination:
The “solution” is closeness: understanding, empathy, and collaboration—not forcing compliance.

19. They can hold limits and still stay affectionate: Even in conflict, affection isn't removed completely; they maintain warmth where possible.

20. They feel safe to express needs: Requests aren't punished; partners don't fear consequences for honesty.

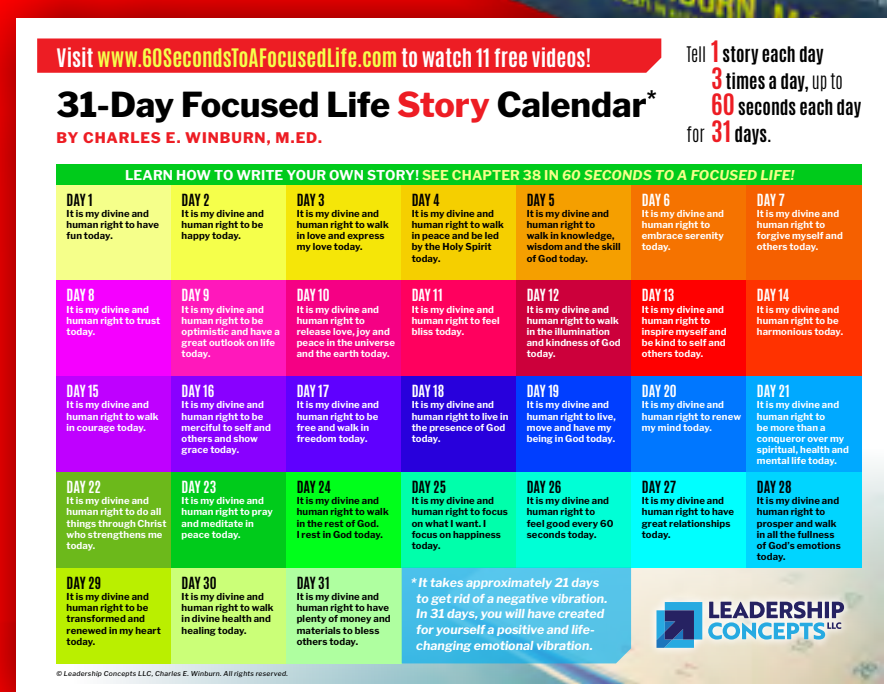
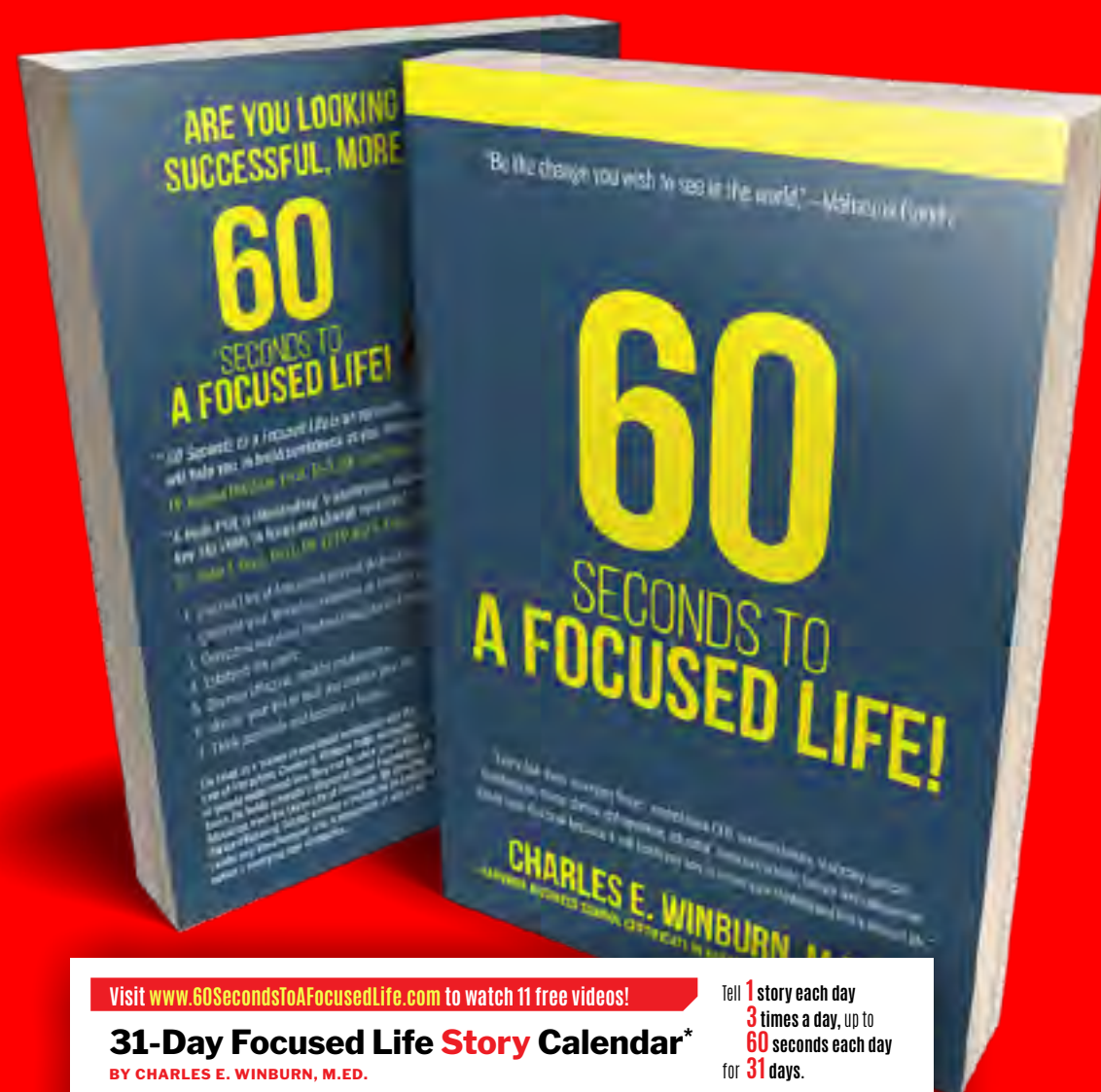
21. They make space for each other's autonomy: Separate time, hobbies, and friendships are not treated as rejection or control.

22. They speak about the future with steadiness: Plans are discussed with hope and reliability rather than threats (“If you do X, I’ll...”).

**23. They recover from conflict without lingering dread:
After hard talks, they don't spiral into dread for the next conversation.**

24. They respond to bids for connection: Little attempts to connect (a look, a story, a check-in) are welcomed rather than ignored.

**25. Their closeness feels calming,
not trapping: Intimacy
increases safety: they feel more
regulated near each other, not
less regulated.**



10 ways that you know that you are dating someone with a traumatized nervous system

AI Research

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- 1. They get flooded quickly:** small issues can trigger big emotional or physical reactions (panic, rage, tears).

2. They shut down during conflict:
they go quiet, withdraw, stop
responding, or seem “not there.”

3. They're hypervigilant: they constantly scan for tone, criticism, or danger—even when you're being neutral.

4. They misread threat signals: compliments, delays, or normal boundaries sometimes feel like rejection or betrayal.

5. They struggle with reassurance:
even when you explain your
intentions, they still don't feel
safe or settle.

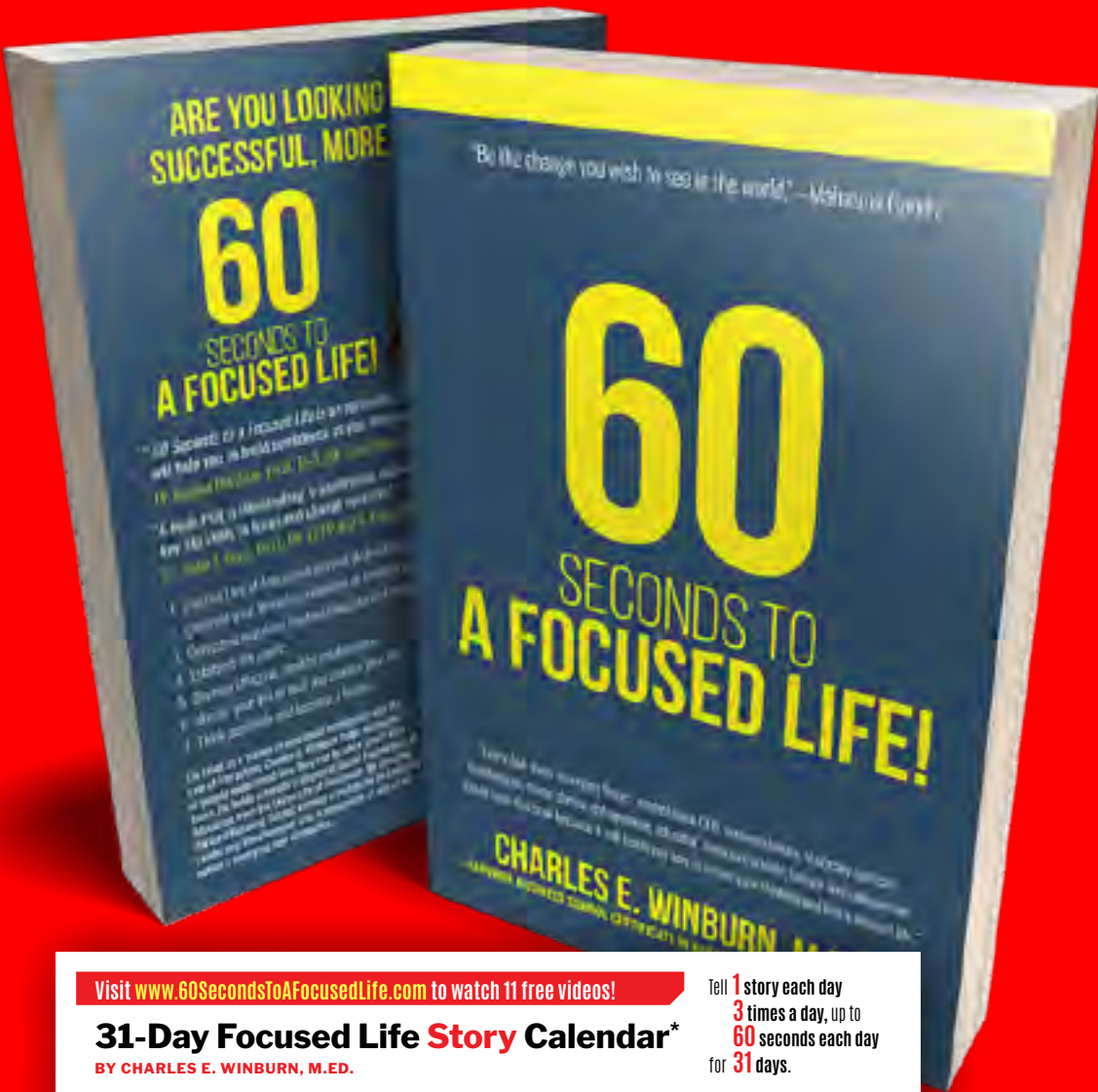
6. **They have a strong push-pull pattern:** closeness feels good, then they recoil or create distance when things feel too intimate.

7. They have trouble with conflict resolution: disagreements often spiral, loop, or end abruptly without closure.

**8. They avoid certain topics:
money, sex, family, commitment,
or “feelings” are hard to discuss
and get dodged.**

- 9. They have intense triggers with specific themes: particular words/actions reliably cause abrupt activation.**

**10. They need steady safety to
open up: warmth grows slowly;
trust takes time and consistent,
predictable behavior.**



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Tell **1 story each day**
3 times a day, up to
60 seconds each day
for **31 days.**

31-Day Focused Life Story Calendar*
BY CHARLES E. WINBURN, M.ED.

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DAY 1 It is my divine and human right to have fun today.	DAY 2 It is my divine and human right to be happy today.	DAY 3 It is my divine and human right to be in love and express my love today.	DAY 4 It is my divine and human right to walk in grace and to feel by the Holy Spirit today.	DAY 5 It is my divine and human right to walk in wisdom and the skill of God today.	DAY 6 It is my divine and human right to experience serenity today.	DAY 7 It is my divine and human right to forgive myself and others today.
DAY 8 It is my divine and human right to love today.	DAY 9 It is my divine and human right to be joyful and give great thanks on this today.	DAY 10 It is my divine and human right to be peaceful, joy and peace in the universe and live earth today.	DAY 11 It is my divine and human right to feel safe today.	DAY 12 It is my divine and human right to walk in the illumination and kindness of God today.	DAY 13 It is my divine and human right to be kind to self and others today.	DAY 14 It is my divine and human right to be harmonious today.
DAY 15 It is my divine and human right to walk in courage today.	DAY 16 It is my divine and human right to be respected, to lead and others and share grace today.	DAY 17 It is my divine and human right to be free and speak the freedom today.	DAY 18 It is my divine and human right to live in the presence of God today.	DAY 19 It is my divine and human right to live, love and have my being in God today.	DAY 20 It is my divine and human right to renew my mind today.	DAY 21 It is my divine and human right to be more than a consumer over my spiritual, health and mental life today.
DAY 22 It is my divine and human right to do all things through Christ who strengthens me today.	DAY 23 It is my divine and human right to pray in the end of each I read in God today.	DAY 24 It is my divine and human right to walk in the end of each I read in God today.	DAY 25 It is my divine and human right to focus on what I want I focus on happiness today.	DAY 26 It is my divine and human right to feel good every 60 seconds today.	DAY 27 It is my divine and human right to have great relationships today.	DAY 28 It is my divine and human right to prosper and walk in all the fullness of God's emotions today.
DAY 29 It is my divine and human right to be transformed and renewed in my heart today.	DAY 30 It is my divine and human right to walk in divine health and healing today.	DAY 31 It is my divine and human right to have plenty of money and materials to bless others today.	*It takes approximately 21 days to get rid of a negative vibration. In 31 days, you will have created for yourself a positive and life-changing emotional vibration.			

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9 examples that you may have
a damaged nervous system

AI Research

60SecondsToAFocusedLife.com

1. Constant fatigue or “brain fog”

- You feel wiped out even after sleep**
- You struggle with concentration, memory, or processing speed**

2. Chronic pain or frequent unexplained aches

- Tingling, burning, stabbing, or shooting sensations**
- Pain that doesn't match visible injuries**

3. Numbness, tingling, or loss of sensation

- **“Pins and needles” in hands/feet**
- **Reduced ability to feel temperature, pain, or touch**

- 4. Balance, coordination, or walking problems**
 - Dizziness, clumsiness, or trouble with fine motor tasks**
 - Increased falls or feeling unsteady**

5. Muscle weakness or changes in strength

- Feeling weaker on one side or in certain muscle groups**
- Muscle wasting or rapid loss of stamina**

6. Tremors, spasms, or abnormal involuntary movements

- Shaking you can't control**
- Twitching that's persistent or worsening**

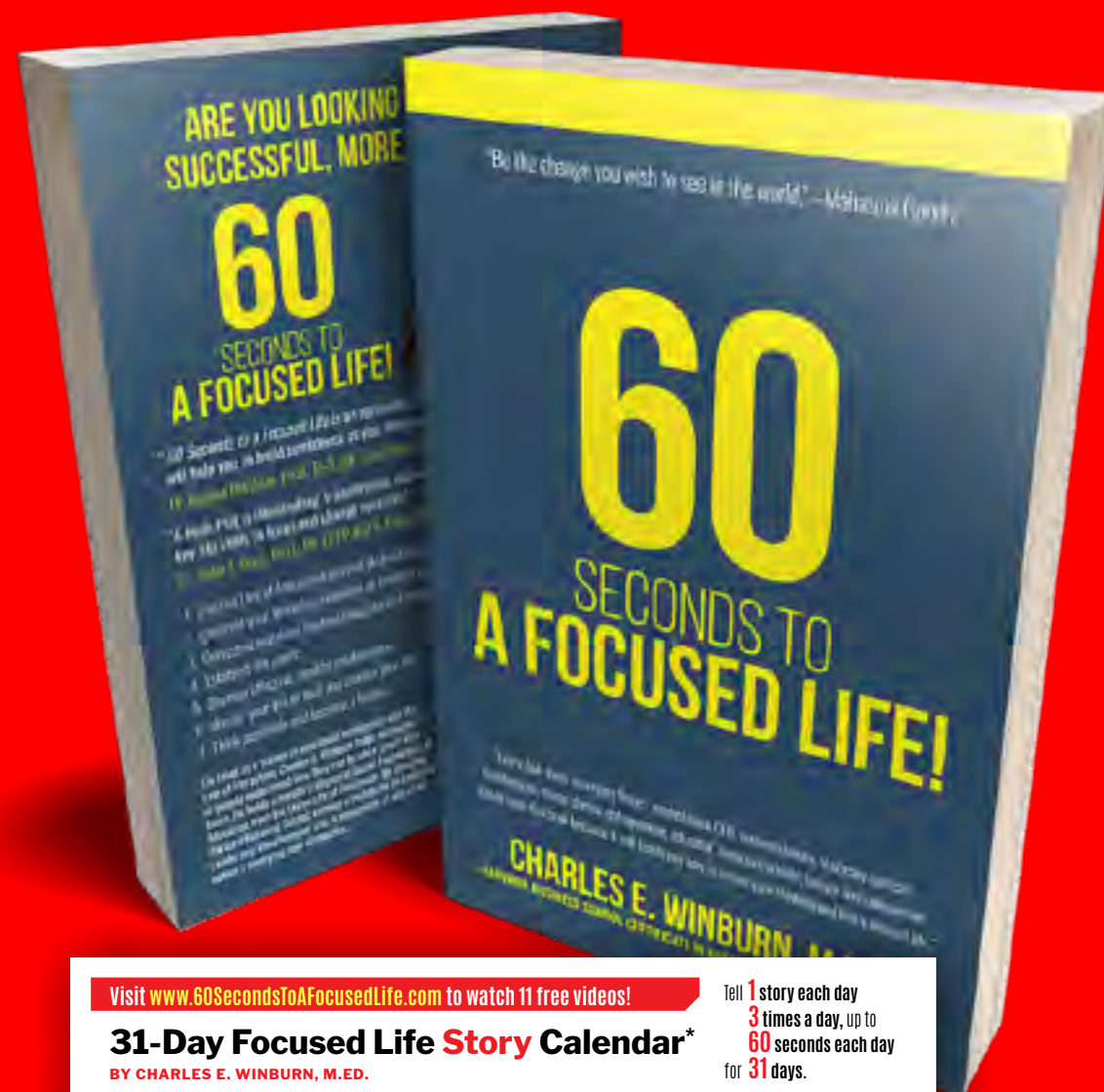
- 7. Autonomic symptoms (heart rate, sweating, circulation)**
 - **Lightheadedness when standing, racing heart, faint feelings**
 - **Unusual sweating, temperature intolerance, or GI motility changes**

8. Sleep, mood, or stress-response changes

- Insomnia, oversleeping, or non-restorative sleep**
- Anxiety, irritability, depression, emotional numbness, or panic-like episodes**

9. Severe headaches, seizures, or neurological “red flags”

- New or worsening headaches, migraines with unusual features**
- Seizures, sudden confusion, or episodes of loss of awareness**



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10 ways you know that you are married to someone who has a traumatized life

AI Research

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1. You feel like you're always “walking on eggshells”

- **Disproportionate reactions to what happened**
- **Small triggers (tone, timing, certain words) can lead to big emotional responses**
- **You start managing the environment more than the relationship**

2. Their boundaries (or lack of them) don't stay consistent

- They may swing between closeness and distance**
- They might overshare, then shut down suddenly**
- You're left trying to guess what "safe" looks like for them**

3. Conflict becomes unpredictable or escalatory

- Arguments can quickly shift into fear, shame, or old stories**
- There's often a strong "you're against me" feeling during stress**
- Repair after conflict may take a long time (or fail completely)**

4. They have intense reactions to everyday stressors

- Being late, forgetting something, or routine changes can feel catastrophic**
- They may interpret neutral events as rejection, abandonment, or danger**
- Their nervous system seems to override logic**

5. They show patterns of avoidance or attachment anxiety

- Attachment anxiety: clinginess, reassurance-seeking, fear of loss**
- Attachment avoidance: shutting down, wanting space during closeness**
- Both patterns can exist—especially when triggered**

6. Trust doesn't settle—even when nothing “bad” is happening

- They may accuse, doubt, or monitor you**
- Promises and consistency don't fully calm them**
- They can struggle to believe good outcomes will last**

7. Their self-worth is fragile and easily wounded

- **Criticism (even gentle) can land as shame or humiliation**
- **They may believe they “deserve” harm, chaos, or instability**
- **Compliments may not stick, or they may dismiss them**

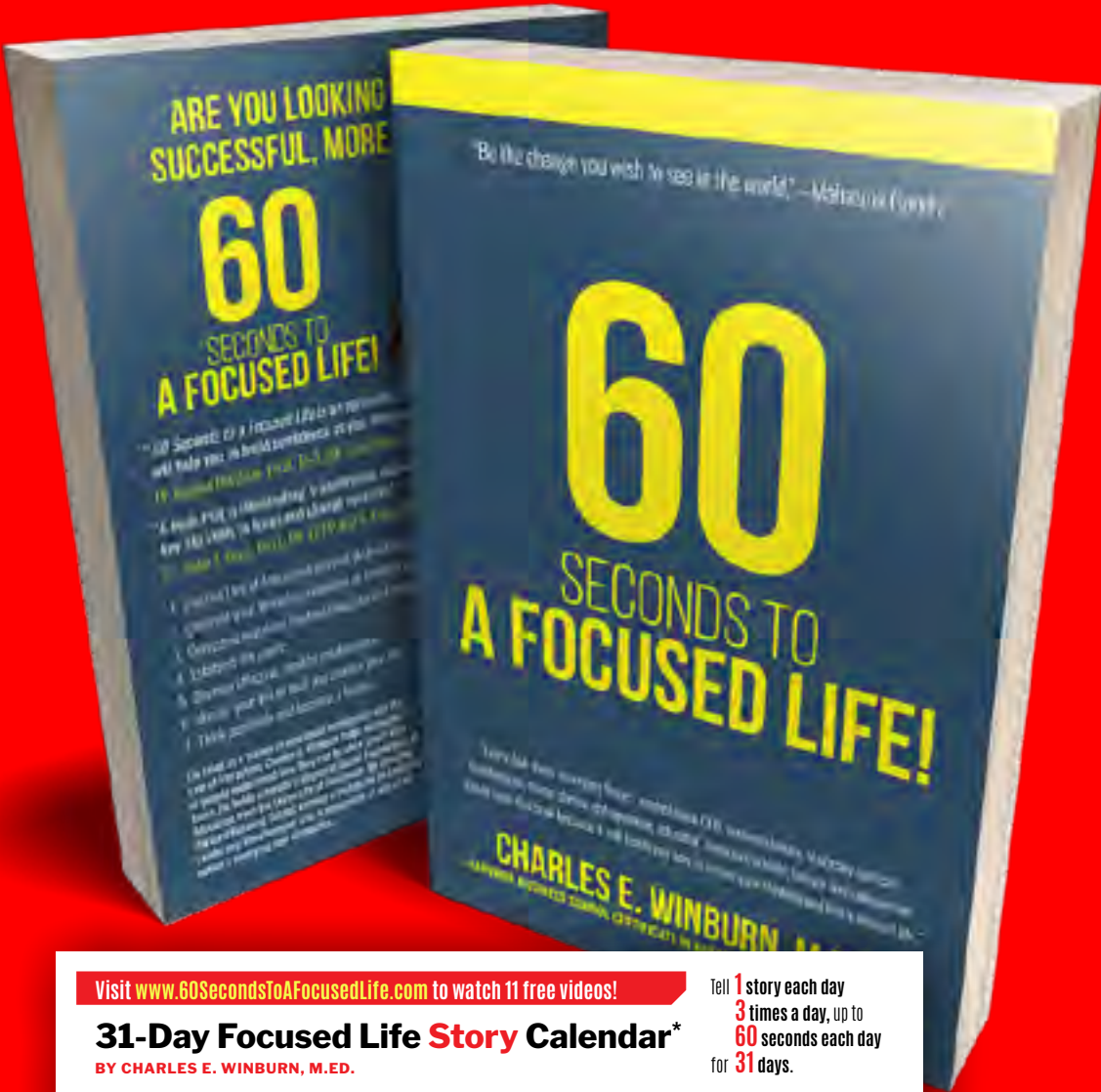
- 8. They have a “survival mode” quality in body and speech**
- You notice bracing, tensing, rapid topic changes, or dissociation**
 - They may go flat, numb, or mentally “leave” during stress**
 - Decision-making can get stuck when feelings spike**

9. They may repeat trauma-related beliefs or roles in relationships

- Beliefs like “people leave,” “love hurts,” “I have to earn it,” “I’m not safe”**
- Roles like rescuer, target, persecutor, or “fix-it” partner**
- Family-of-origin patterns show up under pressure**

10. They struggle to feel safe with you, not because of you, but because of their history

- You may be loving and still feel emotionally rejected**
- You feel responsible for their calm, even when it's beyond your control**
- Healing happens in bursts, especially when they feel understood and safe**



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9 signs you may have a healthy nervous system

AI Research

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1. Stable mood and emotional resilience

- You recover from stress relatively quickly**
- Your emotions feel manageable rather than overwhelming**
- Relationships and daily life stay functional under pressure**

2. Good sleep quality

- You fall asleep and stay asleep without constant disruptions**
- You wake up feeling reasonably rested**
- Your energy is more consistent across the day**

3. Steady focus and mental clarity

- You can concentrate without frequent “mental fog”**
- You switch tasks without feeling mentally derailed**
- Memory and learning feel relatively effortless**

4. Appropriate stress response

- Stress activates you when needed, then turns down afterward**
- You don't feel stuck in fight-or-flight for long periods**
- Relaxation techniques actually help**

5. Normal sensation (not numbness or painful overreaction)

- You can feel touch, temperature, and pain appropriately**
- Discomfort doesn't frequently spike without cause**
- You don't have persistent tingling/numbness**

6. Smooth coordination and balance

- Your movements feel controlled and consistent**
- You have stable balance and coordination**
- You're not frequently "clumsy" or off-balance**

7. Healthy reflexes and muscle control

- **Movements are coordinated between nerves and muscles**
- **You don't have frequent twitching, spasms, or weakness**
- **Strength and endurance feel consistent**

8. Digestive and autonomic function that works well

- Your gut feels “steady” (not constantly disrupted)**
- You don’t have frequent unexplained nausea or irregular bowel patterns**
- Heart rate and blood pressure respond normally to activity and rest**

9. Clear communication between brain, body, and nerves

- Signals from your body match perception (less mismatch)**
- Pain, fatigue, and sensations give useful, proportional information**
- You can sense and regulate body states (hunger, fatigue, tension)**