

The Language of Survival Practical Reflection & Awareness Workbook

This workbook was created to help individuals slow down, observe internal patterns, recognize survival responses, build emotional awareness, and practice intentional reflection. The goal is not perfection. The goal is awareness, honesty, regulation, and healing.

Worksheet 1 — Emotional Awareness Check-In

What Am I Feeling Physically?

- Racing thoughts

- Tight chest

- Muscle tension

- Exhaustion

- Restlessness

- Numbness

- Irritability

- Shallow breathing

- Crying

- Anxiety
-

- Overwhelm
-

Reflection Questions

- What emotion may be underneath what I am experiencing right now?
-

- What story am I telling myself about this situation?
-

- What do I need emotionally right now?
-

- What am I avoiding feeling?
-

Worksheet 2 — Understanding Survival Responses

Fight Response Reflection

- Do I become defensive quickly?

- Do I struggle with irritability or control?

- What fear may exist underneath my reactions?

Flight Response Reflection

- Do I avoid difficult emotions or conversations?

- Do I stay busy to avoid slowing down?

- What emotions feel hardest to sit with?

Freeze Response Reflection

- Do I shut down emotionally under stress?

- Do I procrastinate or feel stuck?

- When did it begin feeling safer to emotionally disconnect?
-

Fawn Response Reflection

- Do I struggle saying no?
-

- Do I fear disappointing others?
-

- What did acceptance require from me growing up?
-

Worksheet 3 — The Brain's Protection System

Deletion

- What memories feel blurry or emotionally inaccessible?

- What emotions do I avoid most?

- When do I emotionally disconnect?

Distortion

- What painful experiences shaped how I view myself?

- What conclusions did I form during painful seasons?

- Were those conclusions truth or survival interpretations?

Generalization

- What “always” or “never” statements do I repeat?

- What fears became broad assumptions?

- What healthier possibilities could exist?
-

Worksheet 4 — Internal Language Audit

Catch the Thought

- Write down repetitive thoughts you notice throughout the week.

- What phrases do I repeatedly say internally?

Identify the Root

- Where did this language come from?

- Who modeled this way of thinking?

- Does this sound like truth or protection?

Reframing Practice

- Old Thought: _____

- Healthier Thought: _____

- New Action: _____

Worksheet 5 — Trauma & Identity Reflection

Reflection Prompts

- Rejection taught me...

- Criticism taught me...

- Instability taught me...

- Abandonment taught me...

Survival Adaptations

- Which patterns developed for protection?

- Which parts of me feel authentic?

- What version of me feels safest?

- What version of me feels most free?

Worksheet 6 — Trigger & Reaction Tracker

Tracking Table

Situation	Emotion	Thought	Body Response	Behavior

Reflection Questions

- What patterns do I notice?

- What emotions appear repeatedly?

- What thoughts escalate my reactions?

Worksheet 7 — Nervous System Regulation Plan

What Dysregulates Me?

- Conflict

- Rejection

- Financial stress

- Overstimulation

- Loneliness

- Uncertainty

What Helps Me Feel Regulated?

- Prayer

- Movement

- Journaling

- Rest

- Music

- Nature

- Silence

Daily Regulation Habits

- 1. _____

- 2. _____

- 3. _____

- 4. _____

- 5. _____

Worksheet 8 — Awareness Before Transformation

Reflection Questions

- What patterns am I becoming aware of?

- What situations activate survival mode?

- What internal language needs healing?

- What does emotional safety feel like to me?

Self-Compassion Prompt

- The version of me that developed these patterns was trying to...

Worksheet 9 — Renewing the Mind Practically

Catch the Automatic Thought

• Trigger: _____

• Automatic Thought: _____

• Emotion: _____

Challenge the Thought

• Is this completely true?

• Is this survival speaking?

• What evidence challenges this thought?

Replace the Thought

• Old Thought: _____

• Healthier Thought: _____

• New Action: _____

Worksheet 10 — Final Reflection

Closing Reflection Questions

- What did I learn about myself?

- What patterns became clearer?

- What beliefs no longer serve me?

- What does healing mean to me now?

Final Prompt

- Healing for me looks like...
