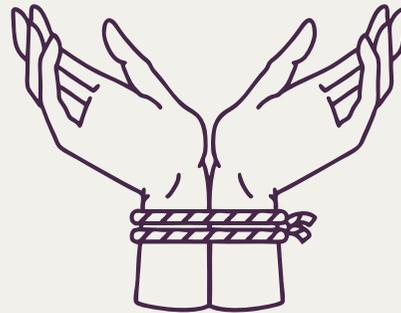


Somatikink

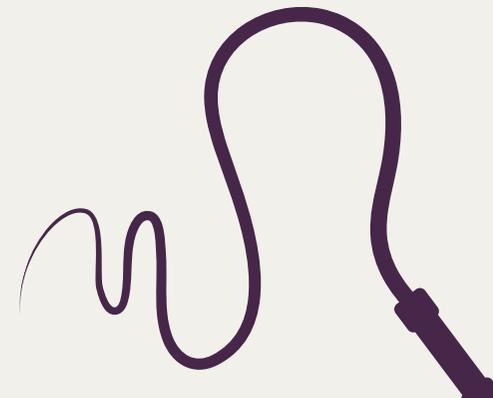


# Mapping your **NERVOUS SYSTEM**

Workbook



[WWW.SOMATIKINK.CO.UK](http://WWW.SOMATIKINK.CO.UK)

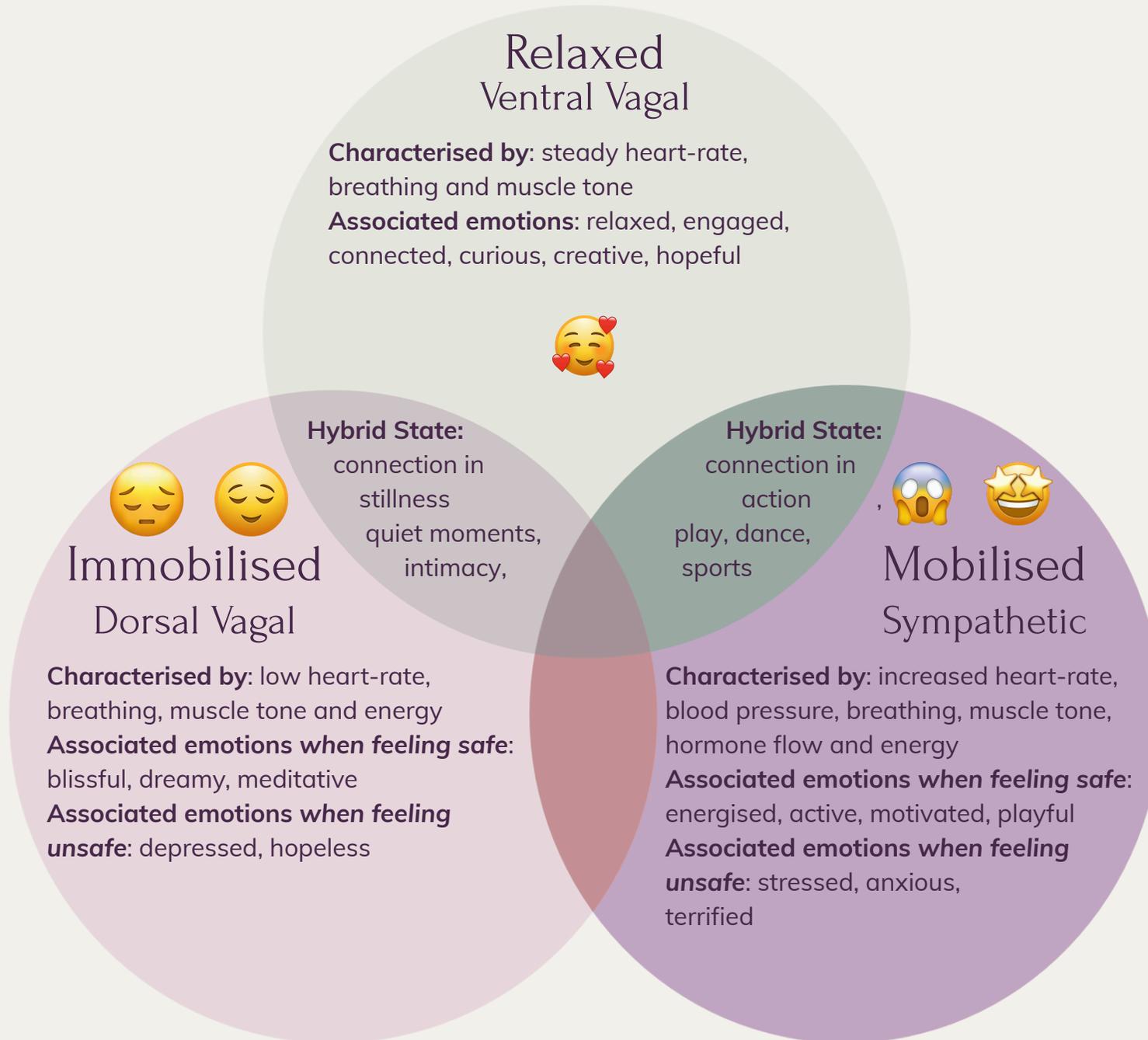


# Contents

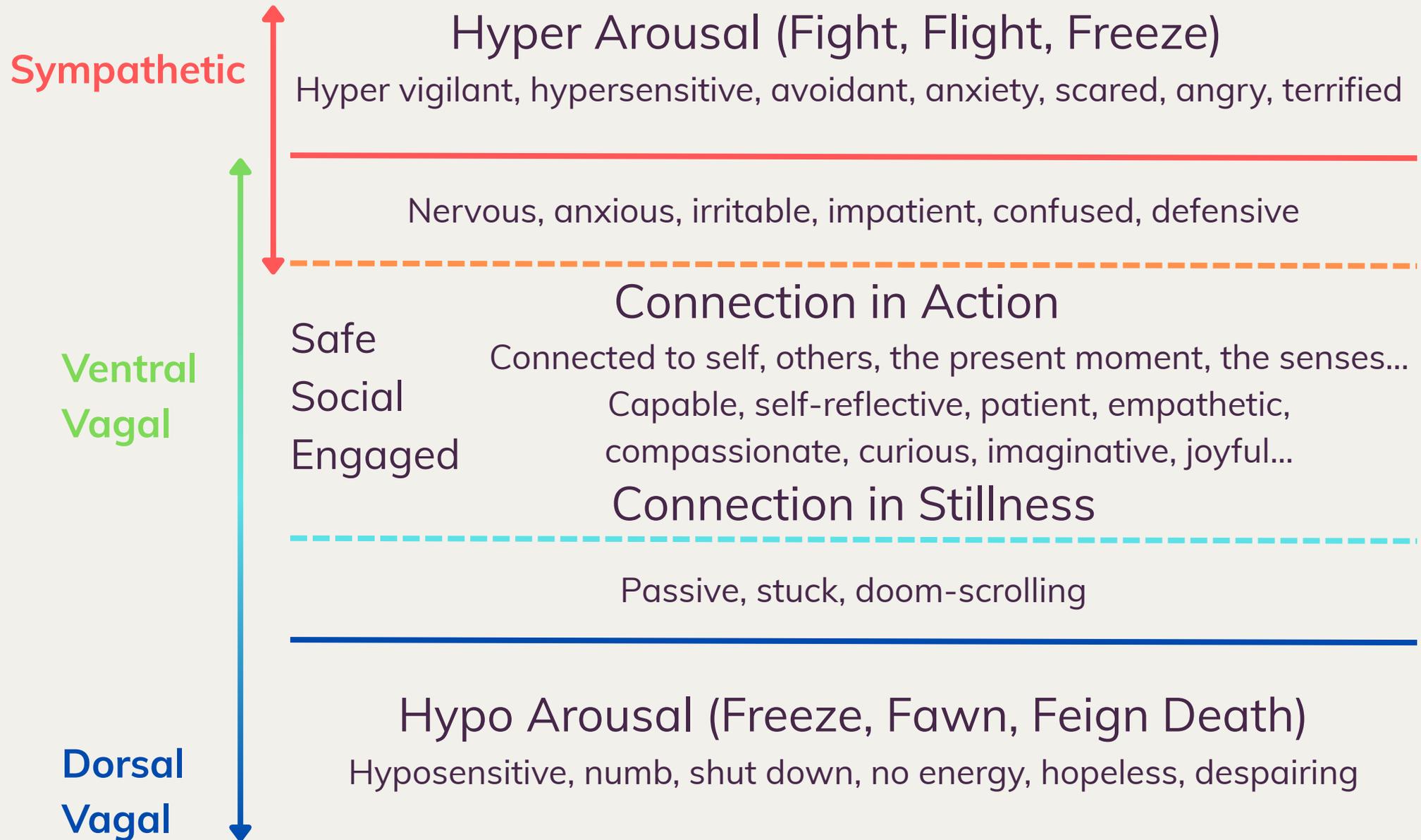
The Autonomic Nervous System States.....	2
Use this page to understand the 3 states and 2 hybrid states of the autonomic nervous system, according to polyvagal theory	
Window of Capacity.....	3
A diagram of the Window of Capacity showing the nervous system states and hybrid states and how they manifest - use this to help you complete page 4	
Mapping Your Nervous System.....	4
A blank “window of capacity” diagram with instructions on how to use this to map your own nervous system - complete this alongside the <i>Play Part 2: Capacity for Kink</i> post on <a href="http://SomatiKink.co.uk">SomatiKink.co.uk</a>	
My Nervous System Boundaries.....	5
Use this alongside <i>Play Part 3: Learning from Our Nervous System</i> to write down your needs, wants and dislikes/hard limits in a scene	
My Nervous System in a Scene.....	6
Use this alongside <i>Play Part 3: Learning from Our Nervous System</i> to write down what you need/want/dislike in different nervous system states in a scene - you can do this once, or complete it multiple times for different roles (topping/bottoming...), kinks (rope, impact play...), moods (intimate, dynamic...) and anything else you fancy!	

# The Autonomic Nervous System States

according to Dr. Porges's Polyvagal Theory

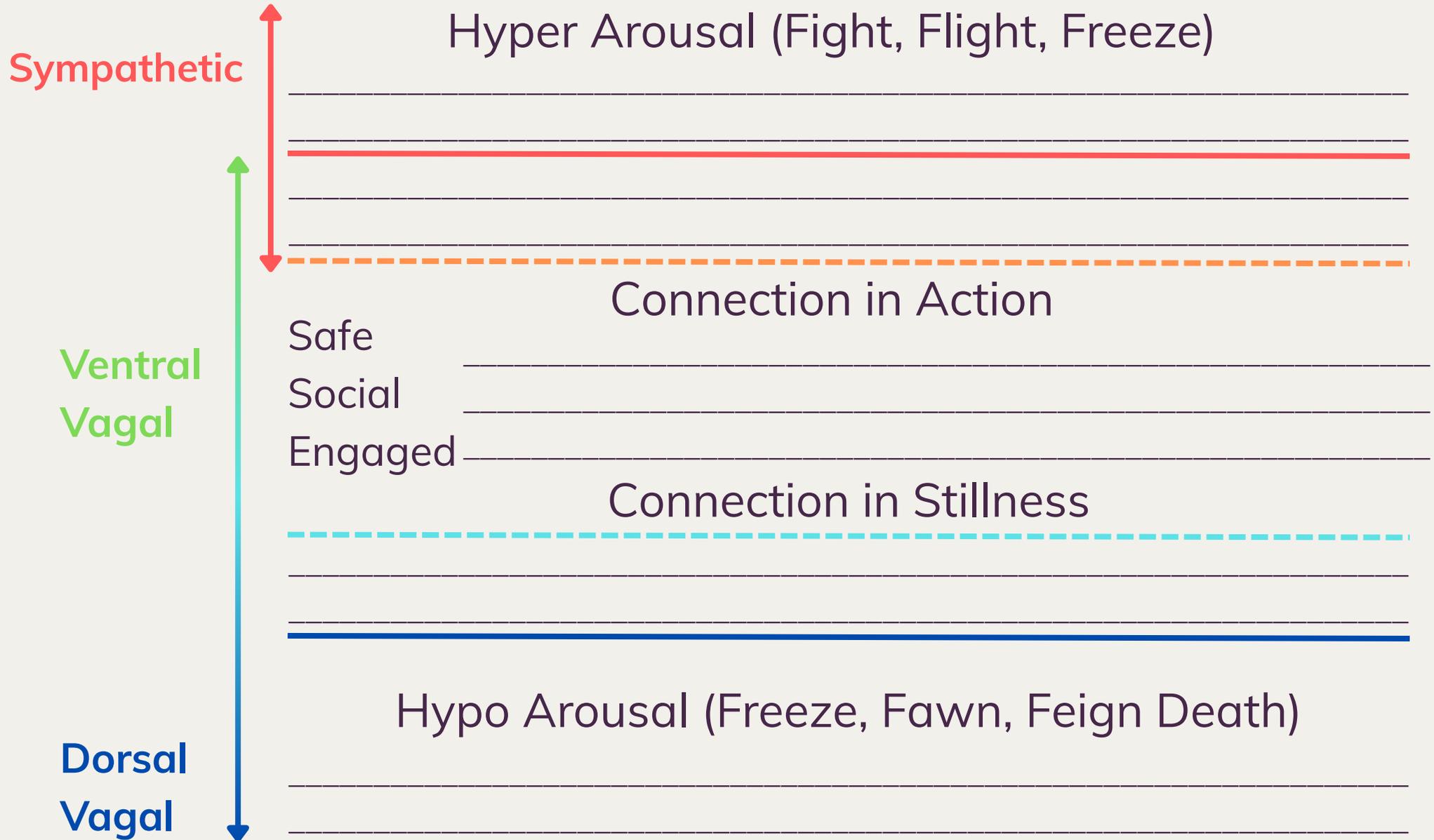


# Window of Capacity



# Mapping Your Nervous System

1. On the dotted lines note down: *When I am here I feel...* / *When I am here it looks like...*
2. Then, highlight in one colour the aspects you might like in a scene...
3. And in a different colour the aspects you want to avoid

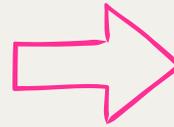


# MY NERVOUS SYSTEM BOUNDARIES

I NEED TO FEEL...

A rectangular sticky note with a light pink background and darker pink borders on the left and right sides.

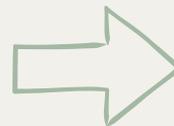
I GET THERE BY...

A rectangular sticky note with a light pink background and darker pink borders on the left and right sides.

I WANT TO FEEL...

A rectangular sticky note with a light green background and darker green borders on the left and right sides.

I GET THERE BY...

A rectangular sticky note with a light green background and darker green borders on the left and right sides.

I DON'T WANT TO FEEL...

A rectangular sticky note with a light orange background and darker orange borders on the left and right sides.

I GET THERE BY...

A rectangular sticky note with a light orange background and darker orange borders on the left and right sides.

# My Nervous System in a Scene

Use your notes from the previous pages to map what you like and dislike in different nervous system states during a scene. complete this in order - numbers 1-5, not top to bottom.

Complete this once or as many times as you would like for different roles, kinks, moods, etc.

**Sympathetic**

**Hyper Arousal (Fight, Flight, Freeze)**

3. What feels triggering?

2. What feels activating in a scene in a good way?

**Ventral Vagal**

**Connection in Action**

Safe \_\_\_\_\_

Social \_\_\_\_\_

Engaged \_\_\_\_\_

1. What helps you to feel regulated in a scene?

**Connection in Stillness**

4. What feels disconnecting in a scene in a good way?

**Dorsal Vagal**

**Hypo Arousal (Freeze, Fawn, Feign Death)**

5. What feels triggering?