



TRAUMA HEALING
ACCELERATED

THE ESSENTIAL SEQUENCE

Pocket Guide

How to release stored trauma

Even when we do the right things, but in the
wrong order, we don't achieve what is possible



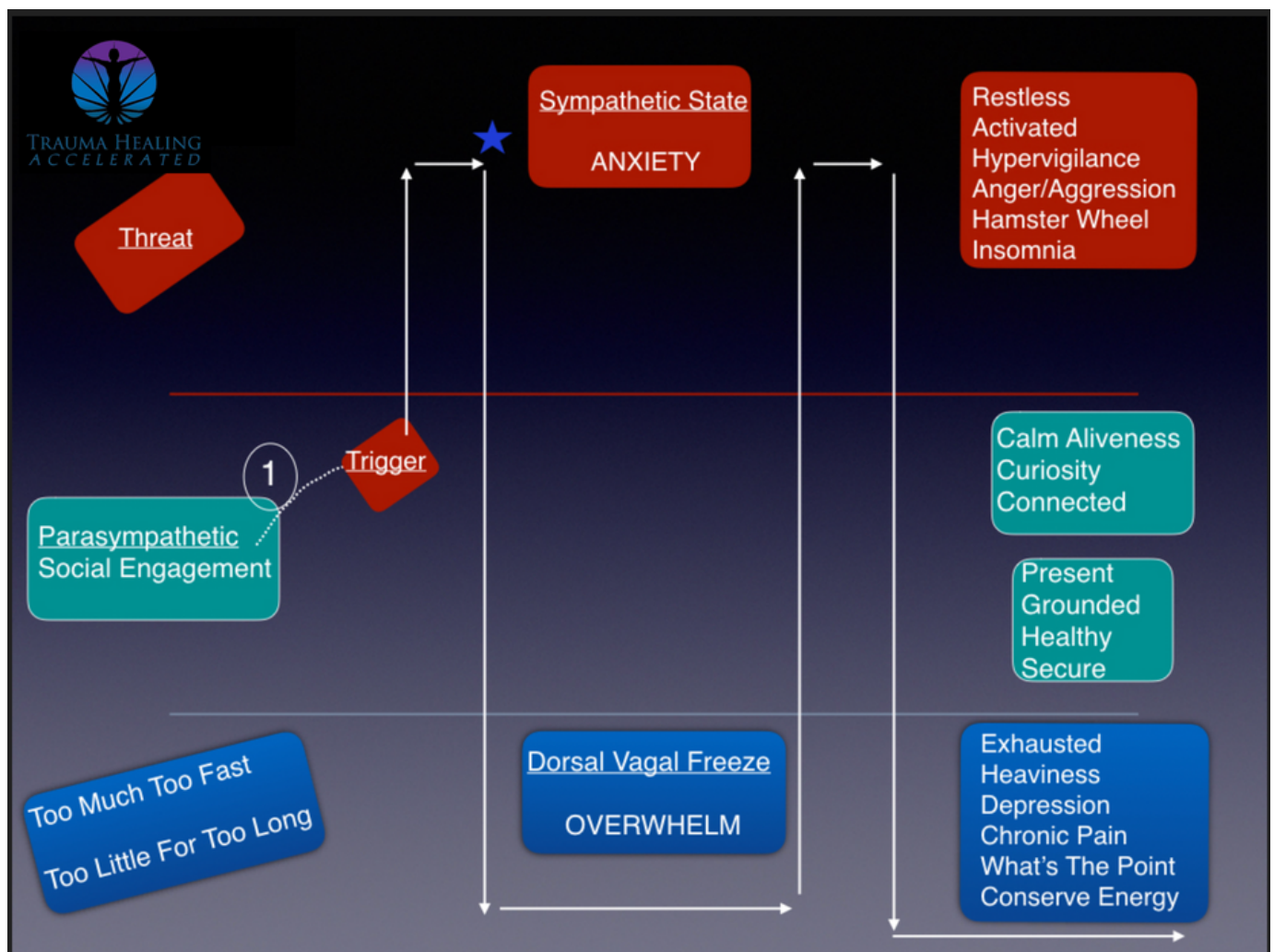
DR. AIMIE APIGIAN

Our way out of overwhelm and stress

There are 3 states of the nervous system, and these show us the way to reverse-engineer overwhelm. If we don't follow the essential sequence for each of these, we can accidentally re-traumatize ourselves, have flare-ups of our physical health, experience anxiety, see no lasting change, feel like it's "too much," or get stuck.

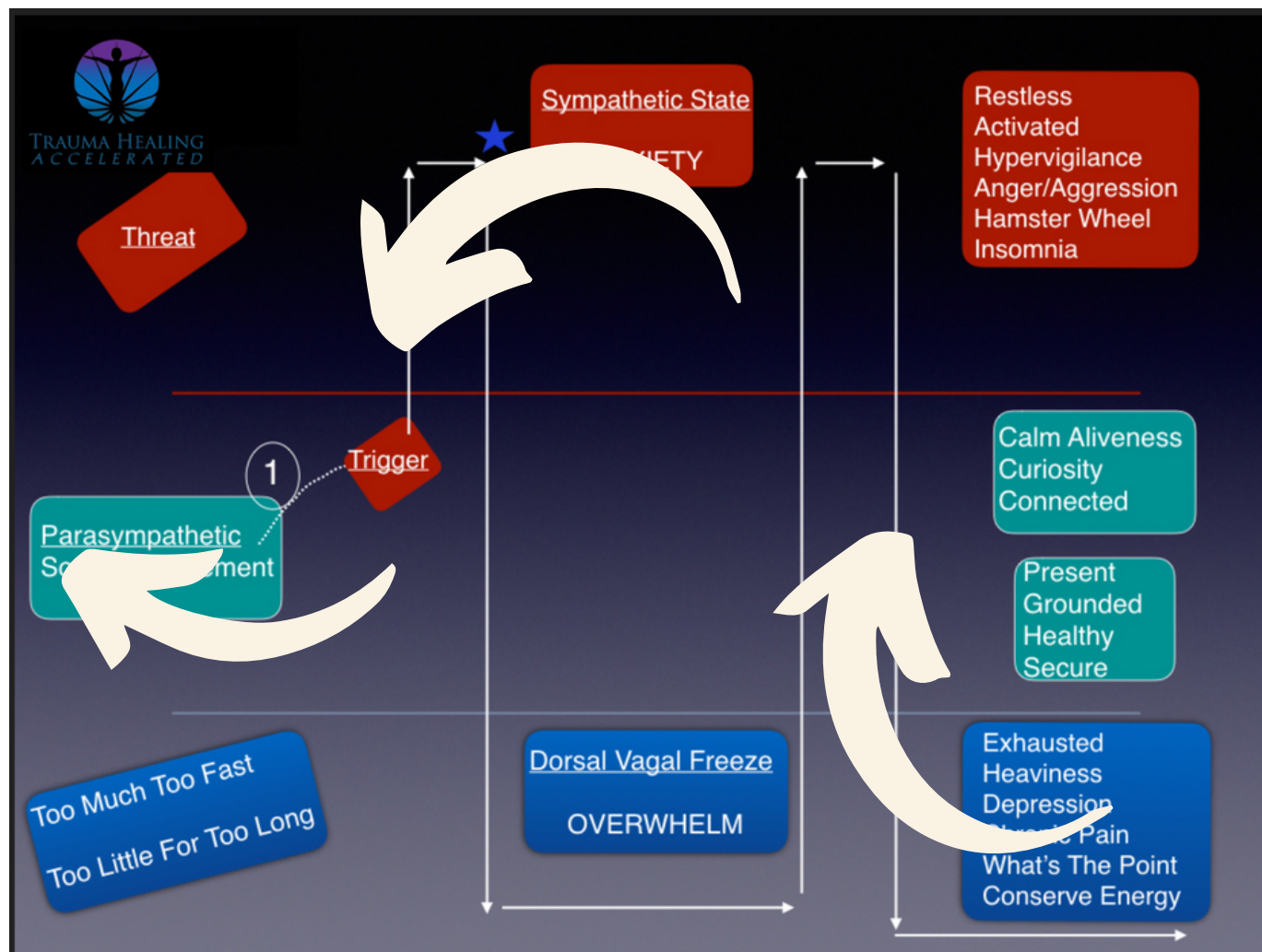
The graphic below shows the natural progression a body goes through when a trigger occurs, through stress and anxiety and if overwhelmed into the freeze. Our bodies move out of the parasympathetic (relaxed state) into stress (sympathetic.) If given too little for too long or too much too fast, it continues all the way into overwhelm or freeze (trauma.) To release trauma, we have to follow this same sequence in reverse.

First, we provide a felt sense of safety. This, with time, allows a person to come out of the freeze, pushing them into the sympathetic (stress and anxiety) response. Next, we provide a felt sense of support so our bodies can leave the sympathetic (stress and anxiety) response and return to a place of calm aliveness. This is the parasympathetic state. This is where we can learn, grow and step into new places of expansion, leading to the life we've always wanted.



Our path home

The Essential Sequence shows us the right order and in right way to retrace the path back to ourself. Here is how we walk this path directly backwards step-by-step:



- Freeze response (trauma) - needs safety
- Stress response - needs support
- Parasympathetic - can step into expansion

This is the step-by-step process we need to follow, according to the Biology of Trauma™:

- #1: Creating A Felt Sense Of Safety
- #2: Creating A Felt Sense Of Support
- #3: Manageable Expansion

Following these steps will get us well on the way back home to the true you, for you or your clients.