Getting Out of Your Analytical Brain

Sometimes your brain tries to create safety by analyzing, fixing, judging, or figuring things out. This is a protective habit. Choose an experience from the table below. Consider something your brain immediately judges or rejects.

My brain said….	What I learned….
This is stupid.	My brain wanted to dismiss the activity quickly.
I'm doing this wrong.	I was searching for a correct way to do this.
Hurry up.	Slowing down felt uncomfortable.
Nothing is happening.	I expected something dramatic to happen.
I can't focus.	My attention wandered.
I don't like.	Discomfort showed up quickly.

Try this activity to collect data about how your brain responds to different experiences. Notice what your brain says and what you learn about yourself.

Category	Ideas
Visual- Slow down and look	☐ Find five shades of one color ☐ Look closely at the texture of an everyday object ☐ Watch shadows, clouds, leaves, or water move ☐ Draw circles without trying to make them perfect ☐ Do a blind contour drawing (look at the object, not your paper) ☐ Color or doodle without trying to make it "good"
Sensory- Bring attention to your senses	☐ Hold an ice cube ☐ Notice three different textures ☐ Listen for the farthest sound you can hear ☐ Smell spices, flowers, or essential oils ☐ Slowly eat one bite of food and notice everything about it
Movement- Move to explore	☐ Walk slowly for two minutes ☐ Stretch however your body wants ☐ Shake out your hands and arms ☐ Move one joint in as many different ways as possible ☐ Put on one song and let your body move
Play & Creativity- There is no right answer	☐ Write your name with your non-dominant hand ☐ Scribble until you see a picture ☐ Fold a paper airplane ☐ Make up a story about an object nearby ☐ Hum a tune you've never heard before
Nature- Let nature do some of the work	☐ Watch birds ☐ Sit under a tree ☐ Notice the wind on your skin ☐ Watch water move ☐ Look at the shapes of the clouds
Connection- Sometimes another nervous system helps	☐ Pet an animal ☐ Sit quietly with someone you trust ☐ Hug someone you feel safe with ☐ Make eye contact and smile and at a stranger ☐ Text or call a supportive person

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Reflection Log

Activity I tried: _____
Date/time: _____
How long did I practice? _____

Before I started:

Energy level:
☐ Low
☐ Medium
☐ High

Stress level:
☐ Calm
☐ Activated
☐ Shut down/numb

One word for what I'm noticing: _____

During the experience:

My body:
☐ Relaxed
☐ Tense
☐ Energized
☐ Became restless
☐ Felt numb
☐ Other: _____

My brain:
☐ Judged
☐ Planned
☐ Wanted to quit
☐ Wanted to do it perfectly
☐ Wondered if it was working
☐ Became curious
☐ Other: _____

My attention:
☐ Stayed with it
☐ Wandered
☐ Came back
☐ Felt distracted
☐ Other: _____

After the experience:

What surprised me?_____
_____
_____

What did I learn about myself_____
_____
_____

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