

WORKSHOP RECAP + WORKSHEET

REGULATED AF

Your Capacity-Building Worksheet

Everything from today's session, distilled - plus the reps to actually build this.
Not another thing to read and forget. Fill it in, keep it somewhere you'll see it,
and come back to it when life gets loud.

Your Nervous System, Explained

The bit nobody ever actually taught you.

Your nervous system runs in the background of everything you do, 24/7. Its only job: scan for safe versus not-safe, faster than your thinking brain can catch up.

GO

Fight or flight. Adrenaline up, ready for action.

REST

Calm, connected, safe enough to switch off and recover.

SHUTDOWN

Numb, flat, checked out, running on nothing.

WHAT A HEALTHY NERVOUS SYSTEM ACTUALLY DOES

It *moves*. It goes into Go when it needs to, and comes back to Rest once the threat's passed. It was never about staying calm forever - it's about swinging back.

Your Window of Tolerance

The zone where you can handle life without tipping over.

ABOVE THE WINDOW — wired, reactive, spiralling

✓ **INSIDE THE WINDOW** — think straight, respond instead of react

BELOW THE WINDOW — flat, numb, disconnected

Everyone's window is a different size - and it isn't fixed. You can widen it. That's not a personality upgrade, it's a trainable skill. The wider your window, the more life can happen before you tip out of it. **That's the actual goal. Not "never triggered again." A bigger window.**

Quick Reference: What Works When

Same goal, opposite route, depending on which side of the window you're on.

ABOVE THE WINDOW (wired, spiralling)	BELOW THE WINDOW (numb, shut down)
Discharge first, then soothe: • Shake it out, hard walk, push against a wall • Breathe out longer than you breathe in • Cold water on your face • Hum, sing, or gargle	Gentle re-engagement, not a jolt: • Small movements - stretch, sway, wiggle fingers and toes • Orient to your senses - what you see, smell, taste, touch • Safe connection - a warm voice, someone regulated nearby

Going in hard when you're already shut down backfires - the system needs gentle, not a bigger push. And trying to "calm down" when you're spiralling without discharging the energy first rarely works either. Match the tool to the state.

The 4 Protection Postures

Which ones are running in you? Be honest - it's usually more than one.

☐ CAPPED OUT

Protects by shrinking down. Shows up as talent that never quite matches your results.

☐ FLATLINE

Protects by pulling back. Shows up as going with the flow while quietly missing your fire.

☐ WHITE-KNUCKLE

Protects by tensing up. Shows up as working hard for a win, then not being able to enjoy it.

☐ BULLDOZER

Protects by forcing forward. Shows up as the 5am club, burnt out, unable to stop.

Which posture(s) did you recognise yourself in?

Where do you think it started?

The Real Goalpost

The wellness industry sold you the wrong one.

"Regulated" was never the goal.
Capacity and resilience are.

CAPACITY

How much life you can hold before you're knocked off center.

RESILIENCE

How fast you come back when you are.

YOU'RE NOT BROKEN. YOU'RE UNDER-RESOURCED.

Nobody handed you this toolkit. That's not a character flaw - it's an education gap. And it's fixable, not through one more breakthrough moment, but through reps.

The 3 Pillars to Build Capacity

How the reps actually happen.

1 Make Peace With the Past

It's not what happened to you that shapes your life - it's the meaning you gave it. That meaning becomes the filter everything else runs through. You didn't choose what happened. You can choose a new meaning.

An experience you might still be filtering life through:

The meaning you gave it back then:

A new, truer meaning you could give it now:

2 A Healthy Relationship With Your Emotions

Feel it. Name it. Express it. Emotions are energy in motion - built to move through you, not get stuck in you. Even the ones you've been taught to hate carry information.

An emotion you've been avoiding lately:

What might it actually be trying to tell you?

3 Own the Driver's Seat

You don't get a vote on everything that happens. You do get the vote on how you respond, how you show up for yourself, and what you let it build in you. Life isn't out to get you - it's just life.

One thing happening right now you could lead yourself through differently:

The 4-Area Regulation Framework

You don't need to master all four. You need to know which lever to pull, and when.

PHYSICAL

Body, movement. Stress is physical before it's anything else.

One thing I'll do this week:

EMOTIONAL

Processing and resourcing what you feel, instead of stockpiling it.

One thing I'll do this week:

MENTAL

Where your focus goes, and the quality of thought you're running.

One thing I'll do this week:

ENVIRONMENTAL

The people, places and spaces that cue safety versus staying braced.

One thing I'll do this week:

WHAT'S NEXT

You Don't Build Capacity From One Workshop

You build it from reps. If today gave you a taste and you want the ongoing practice, the village, and the accountability to actually keep going - this is for you.

THRIVE+ INNER CIRCLE

Me in your back pocket. An ongoing practice. A village around you. Open enrollment - join whenever you're ready.

Weekly audio drops and trainings · Live coaching in our Telegram community · Monthly mastermind calls + guest masterclasses

\$97/month

No lock-in. Cancel any time.

Join now and kick off with the 14-Day Regulated AF Challenge - it won't run again this year.



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