



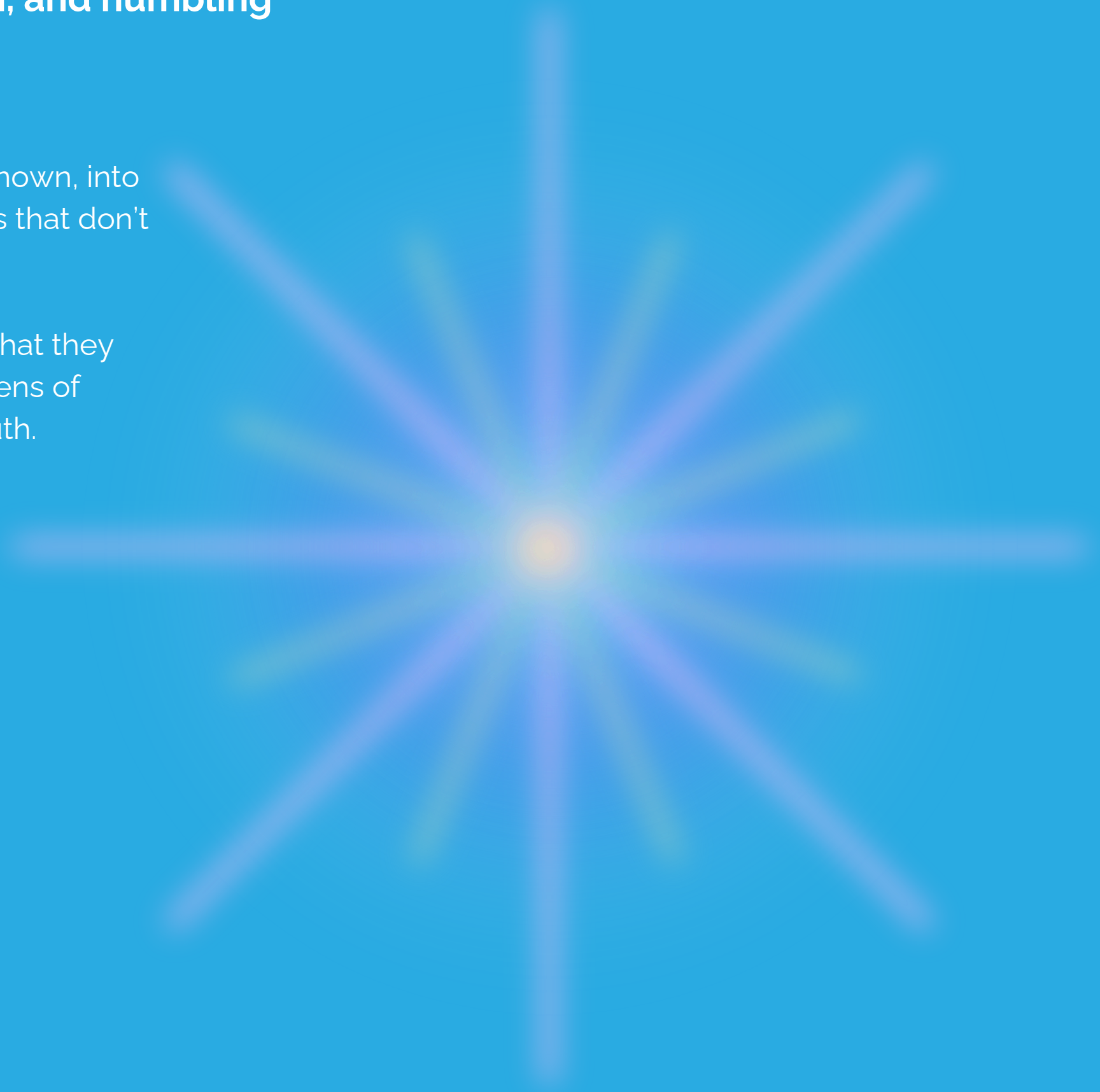
“What do We do When...???”

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rfbreilly@gmail.com
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This is one of the most important, human, and humbling questions we can ask:

This question opens a doorway into the tender unknown, into the places we often carry quietly, into the questions that don't have quick answers.

Let's explore a few versions of that question, and what they might be pointing toward—especially through the lens of nervous system care, restoration, and emotional truth.



What do we do when...

we know all the things, but still feel stuck?
We slow down. We stop trying to out-think what needs to be felt.
We remember that knowing is not the same as integrating.
Sometimes, the nervous system needs presence more than perspective.

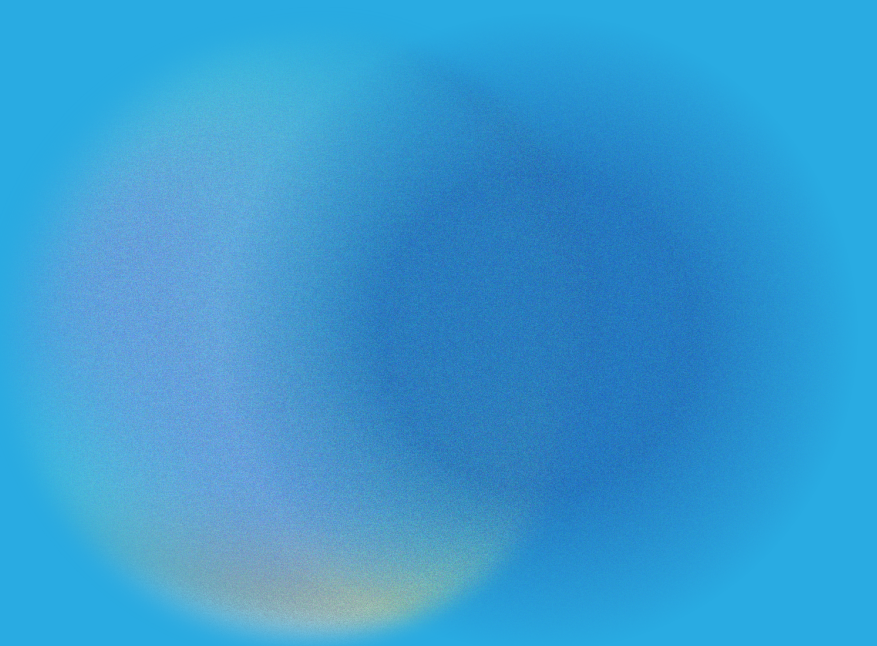
What do we do when...

our body is bracing and we don't know why?
We don't force it to relax.
We notice, allow, and nurture the signal.
"Something in me is bracing. I don't need to understand it all right now. But I'm listening."
This gentle presence is already a form of regulation.



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What do we do When...?.

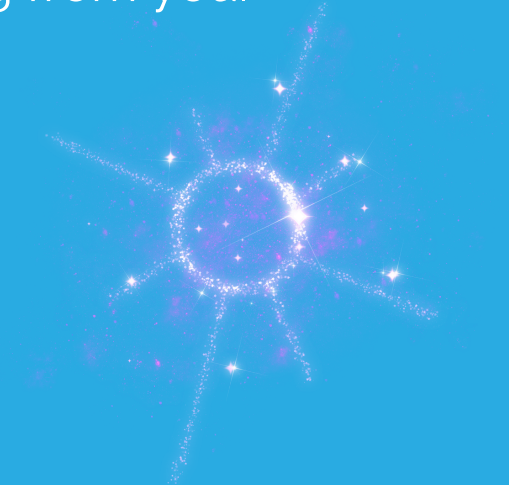


connection feels as threatening as isolation?

We acknowledge the paradox.

Often, that means we've been hurt in relationship and hurt by lack of it.

In this case, the medicine isn't jumping into connection—it's safe resonance. Tiny doses. One kind word. A warm look. A slow breath shared with someone who doesn't demand anything from you.



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What do we do when...

our trauma taught us not to need anyone?

We grieve.

And we practice allowing small forms of support—ones that don't overwhelm.

It could be the sun on your skin.

The weight of a blanket.

A breath that says, *"I'm here with you."*

You needed someone back then. You still deserve support now.

What do we do when...

we feel too broken to be helped?

We notice the part of us that believes that—and we don't argue with it.

We offer it kindness instead of correction.

Because behind that belief is often a younger part of you that learned:

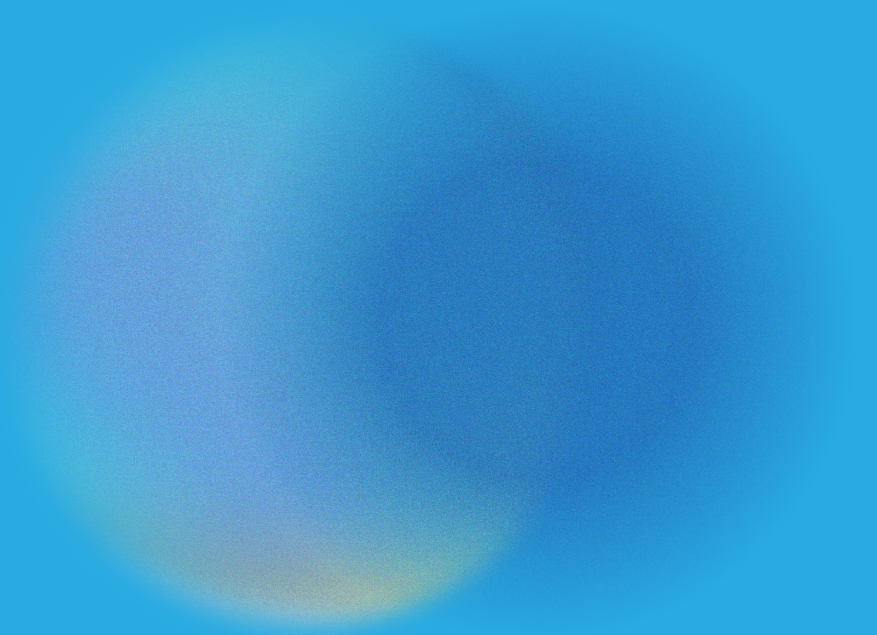
"Help comes at a cost. Help is humiliating. Help doesn't last."

So we show that part—gently, slowly—that this time, things can be different.



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What do we do When...?.



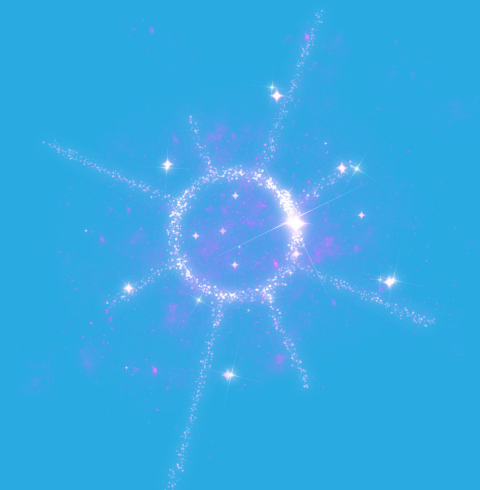
healing feels too slow?

We remember that what we're really doing is rebuilding trust with our nervous system and body, with the world, and with ourselves.

That takes time.

But every moment of presence, every act of compassion, every time we choose rest over rush... is a thread in the web of restoration.

There is no urgency in healing, rushing it is a sign of a strong fight response.



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Remember: You Don't Have to Go Alone.

There are so many versions of this question, and all of them deserve to be met with depth, not dismissal.

If you like, you can finish the sentence and email me @

rfbreilly@gmail.com

Though my email list and over the next few months if I can, I will shine a nervous system perspective of it. (anonymity will be protected)

"What do we do when..."

This is not advice, just healthful suggestions
that might resonate with your Nervous System

This is why I do what I do - so you can learn what to do when -

In deep respect
For our individual healing journeys and where we are at right now

Roseanne



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Variety of Resources Available

Whether you're stuck feeling regularly flooded if Fight, Flight, Freeze, Fawn, Flop, or any combination of these feel unrelenting - FLOW is waiting.

Your body is wise.

It's never against you—it's always trying to help you heal and restore safety.

The invitation is to develop
New tools.

New ways of relating.

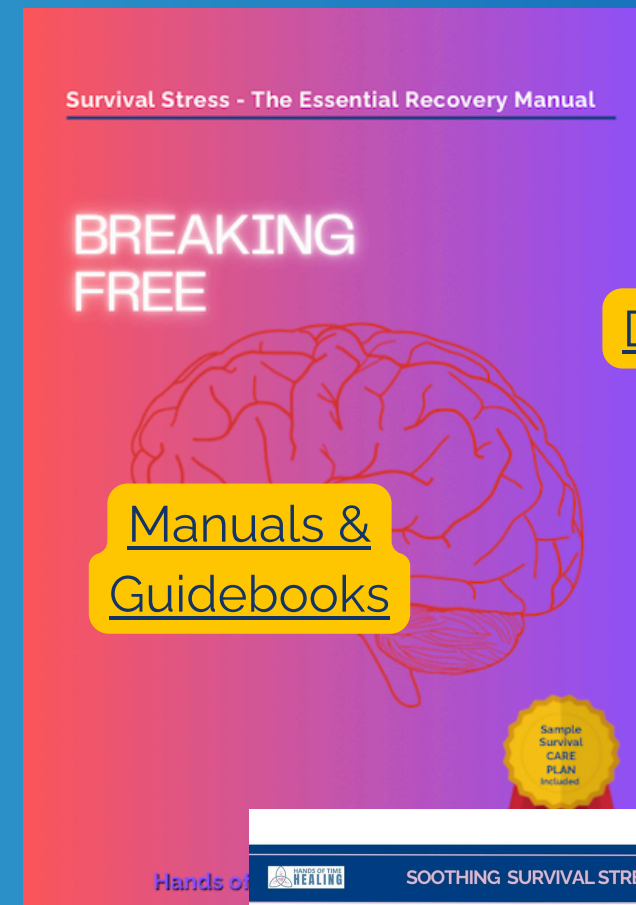
New awareness.

New compassion.

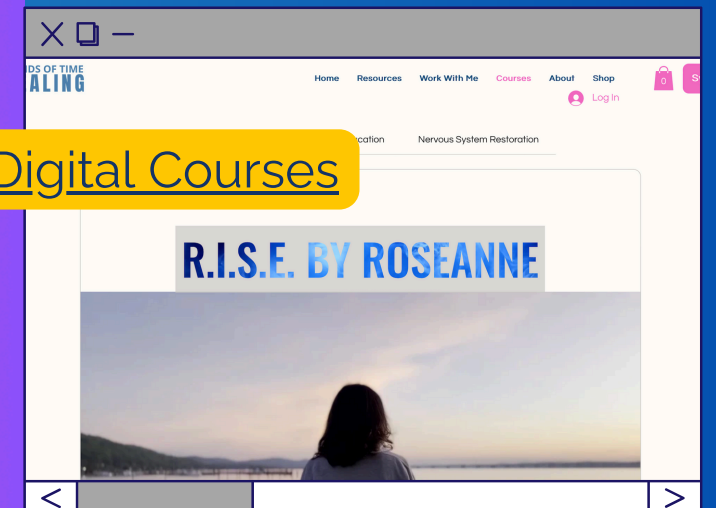
New Pathways

And perhaps most importantly
'a grounded heart'

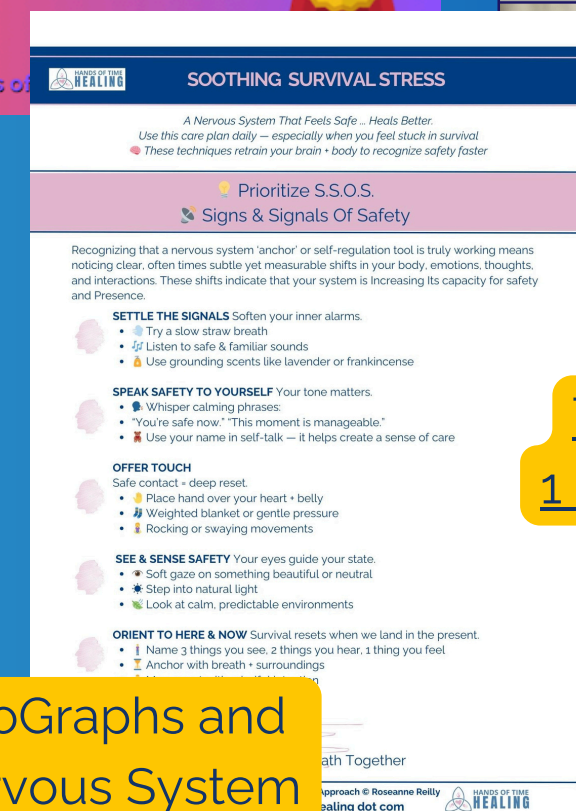
that knows how to feel, to love, and to lead you home.



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This Program Targets Those who Feel
Regularly Dysregulated and Flooded by
Life's Stressors