

THE FOUNDATION OF HEALING WORKBOOK



CommuniDID

1

INTRODUCTION

Welcome	3
---------	---

NOTES & STUDY GUIDES

Segment 1	4
Segment 2	7
Segment 3	10
Segment 4	13
Segment 5	16
Segment 6	19
Segment 7	22
Segment 8	25
Segment 9	28
Segment 10	31

2

STUDY GUIDE ANSWERS

Segment 1 and Segment 2	35
Segment 3 and Segment 4	36
Segment 5 and Segment 6	37
Segment 7 and Segment 8	38
Segment 9 and Segment 10	39

3

SEGMENT QUIZ ANSWERS

Segment 1 and Segment 2	41
Segment 3 and Segment 4	42
Segment 5 and Segment 6	43
Segment 7 and Segment 8	44
Segment 9 and Segment 10	45

4

WELCOME



Welcome to the Foundation of Healing mini-course!

This course is intended to provide you with an understanding of why you react the way you do to trauma triggers and how, over time, it is possible to change these reactions. This understanding is the foundation for the healing that will occur along your recovery journey.

--Alicia

“Healing takes courage, and we all have courage, even if we have to dig a little to find it.”

--Tori Amos

"Awareness is the first step in healing."

- Dean Ornish

My Notes for Segment 1

[illegible]

Questions I Have :



Segment 1

When your nervous system is in this place, _____, you are functioning well. You are able to think and make _____. When you are outside this zone, you are in one of the _____. When you are in one of the Stuck Zones, you are _____ instead of intentional. This means you lose a lot of _____ and _____ without even realizing it.

Test Yourself

1. The nervous system has how many zones?
 - A. Two
 - B. Three
 - C. Four
2. Recovery for DID can only take place in which zone?
 - A. Too Much Stuck Zone
 - B. Too Little Stuck Zone
 - C. Opportunity Zone
3. Which is a characteristic of the Opportunity Zone?
 - A. Having control of yourself
 - B. Responding to situations reactively rather than intentionally
 - C. Reacting to the past rather than the present



Segment 1

Key Points

- The nervous system has 3 zones:
 - The Opportunity Zone - healing happens here
 - The Too Much Stuck Zone - you are overwhelmed
 - The Too Little Stuck Zone - you shutdown or collapse
- Your thinking is impaired when we are in a Stuck Zone
- You have less control and choice when in a Stuck Zone
-

My Notes for Segment 2

This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Questions I Have :



Segment 2

The Opportunity Zone develops during childhood when a distressed baby or child is _____ or _____. These children develop a sense that the world is a _____ and that unpleasant situations don't _____. Children who are not aided when they are distressed develop a smaller _____ Zone. Children who grow up with chronic trauma develop nervous systems that tend to stay in one or the other _____ Zones. As an adult, you can _____ and _____ your Opportunity Zone with practice.

Test Yourself

1. Children with good caretakers learn that the world is:
A. Safe
B. Dangerous
C. Enjoyable
2. Only parents can widen a child's Opportunity Zone
A. True
B. False
3. Once you are an adult, it is too late to enlarge your Opportunity Zone
A. True
B. False



Segment 2

Key Points

- The Opportunity Zone grows as a result of being cared for and having needs met as a baby and child.
- Children in abusive or neglectful homes will likely have a smaller Opportunity Zone and larger Stuck Zones.
- Other caring adults can provide the caring that grows a child's Opportunity Zone.
- As an adult, you can enlarge your Opportunity Zone with practice.

My Notes for Segment 3

This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Questions I Have :



Segment 3

The nervous system is designed to learn from _____ so it can anticipate _____. Human nervous systems respond to threats in a particular order: first, _____ then _____ and lastly _____. A person who reacts to perceived threat by getting quiet or feeling fuzzy in the head is in the _____ Zone. A person who wants to run away or fight is in the _____ Zone. It is common for people with DID to be misdiagnosed as having _____.

Test Yourself

1. Which is NOT a reaction of the Too Much Stuck Zone?
 - A. Flight
 - B. Collapse
 - C. Fight
2. One trigger for ending up in the Too Little Stuck Zone is becoming overwhelmed in the Too Much Stuck Zone.
 - A. True
 - B. False
3. It is common for people with DID to be misdiagnosed with:
 - A. Paranoid Personality Disorder
 - B. Bipolar Disorder
 - C. Borderline Personality Disorder



Segment 3

Key Points

- In the Too Much Stuck Zone you probably feel overwhelmed.
- In the Too Little Stuck Zone, you may feel numb or depressed.
- The nervous system uses past experiences to anticipate danger and react to it quickly.
- Your nervous system responds to danger in a particular order: first, by turning to other people for help, then by fleeing or fighting, and finally by collapsing/shutting down.
- People with childhood trauma often have trouble staying in their Opportunity Zone.

My Notes for Segment 4

This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Questions I Have :



Segment 4

Through experience, your nervous system has learned which responses are most likely to minimize _____ to you. The parts of the brain that decide which defense to use are below the level of _____. The brain looks for _____ of potential danger and can sometimes mistake innocent things as signs of danger. Many of the _____ your brain developed in your childhood no longer fit your adult life but are still in use.

Test Yourself

1. The nervous system looks for _____ to determine threat:
 - A. Other people's reactions
 - B. Unfamiliarity
 - C. Cues
2. You can consciously choose which defense to use:
 - A. True
 - B. False
3. You can be completely unaware that your nervous system is reacting to an old if-then rule that no longer applies to your life:
 - A. True
 - B. False



Segment 4

Key Points

- Based on your experiences, your nervous develops “if-then” rules on how to respond to cues of danger.
- The brains makes these decisions subconsciously (below the level of conscious thought).
- Many of our “if-then” rules were created in childhood and are still in place even if our circumstances have changed.

My Notes for Segment 5

[illegible]

Questions I Have :



Segment 5

Positive experiences such as emotions or sensations can be _____ that can send you to a Stuck Zone. This is because earlier in your life they led to you being threatened or _____ and they became a cue for danger. Remember, the brain's priority is keeping you _____ rather than making you _____.

Test Yourself

1. Positive things such as emotions can send you to a Stuck Zone
 - A. True
 - B. False
2. The brain prioritizes things that make you happy.
 - A. True
 - B. False



Segment 5

Key Points

- Positive emotions and events can be triggers.
- The brain prioritizes negative things because they are more likely to be a threat.
- Sometimes, positive emotions can cause the child to be harmed, turning a positive emotion into a cue of threat.

My Notes for Segment 6

This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Questions I Have :



Segment 6

When you are in the _____ Zone, you are functioning well.
When healing occurs, it is when you are in the _____ Zone.
When you are in your Opportunity Zone you are able to seek and receive
_____ from other people and _____. The
_____ of your Opportunity Zone can change due to many factors.

Test Yourself

1. Another term for your Opportunity Zone is your:
A. Hypoarousal
B. Wise mind
C. REM sleep
2. You have the most control over yourself in the Too Much Stuck Zone
A. True
B. False
3. You have some control and influence over factors that affect the size of your Opportunity Zone.
A. True
B. False



Segment 6

Key Points

- In your Opportunity Zone, you:
 - are functioning well
 - have control and choice
 - have the capacity to heal
- The size of the Opportunity Zone can be affected by many factors. You are able to control some of these factors.

My Notes for Segment 7

This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Questions I Have :



Segment 7

Many survivors of trauma create _____
_____ so they can function and do what they need to do in daily life. This is usually because they were not taught or shown how to regulate themselves when growing up and had to _____ something on their own. A big problem with methods of creating a false Opportunity Zone is that, over time, it takes _____ of the thing to get relief and this means over time, risk of harm _____.

Test Yourself

1. Which of the following is a method used to create a false Opportunity Zone?
A. Cutting
B. Slow, deep breathing
C. Imagining a peaceful place
2. Being a workaholic can be a way of creating a false Opportunity Zone
A. True
B. False
3. You should not give up any methods you use to create false Opportunity Zones until you have safer replacements ready:
A. True
B. False



Segment 7

Key Points

- False Opportunity Zones are created by manipulating the brain or body.
- Cutting, using drugs and alcohol, and binge eating are examples of ways a false Opportunity Zone can be created.
- Many adults who experienced childhood trauma were never taught how to regulate their emotions and had to figure out ways to do this on their own.
- The problem with methods that create false Opportunity Zones is that over time they become increasingly dangerous.
- Do not give up current methods until you develop healthier ways to regulate your emotions.

My Notes for Segment 8

This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Questions I Have :



Segment 8

Another name for the Too Much Stuck Zone is _____
_____ or _____. The Too Little Stuck Zone is the
_____ defense. In the Too Little Stuck Zone we may
appear to be _____. People who are sexually attacked
and don't fight back are likely in the _____.
Remember that in either Stuck Zone you are not able to _____ as
well.

Test Yourself

1. Which one of the following is a symptom of the Too Much Stuck Zone
 - A. Calm
 - B. Panic
 - C. Fatigue
2. It isn't important to know which Stuck Zone you are in
 - A. True
 - B. False
3. The Too Little Stuck Zone can be mistaken for depression:
 - A. True
 - B. False



Segment 8

Key Points

- When your nervous system is in the Too Much Stuck Zone, it is highly activated.
- When your body is in the Too Much Stuck Zone, your fight and flight defenses are activated.
- When your body is in the Too Little Stuck Zone, your collapse/shutdown defense is activated.

My Notes for Segment 9

[illegible]

Questions I Have :



Segment 9

When your brain detects potential danger, it shuts the _____ part of your brain down. This can make it hard for you to realize that you are reacting to a situation from the _____ and not the present. The brain wants to keep you _____ and prefers to be _____ rather than _____ when responding to potential threats. Nervous systems with a history of trauma are _____ triggered into a Stuck Zone. The brain can misinterpret the amount of danger in the _____ because it is focused on what happened in the _____.

Test Yourself

1. When we're alert for threats, we don't hear this as well:
 - A. High-pitched sounds
 - B. Low-pitched sounds
 - C. The sound of the human voice
2. A hypervigilant nervous system is always on alert for danger
 - A. True
 - B. False
3. People with trauma histories notice cues of danger more easily than they notice cues of safety
 - A. True
 - B. False



Segment 9

Key Points

- People who experienced traumatic childhoods are primed to go to the Stuck Zones easily.
- Once in a Stuck Zone, it can be harder for these people to get back to the Opportunity Zone.
- Traumatized nervous systems see cues of danger in safe situations and then focus on those cues of danger, missing cues of safety.

My Notes for Segment 10

This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Questions I Have :



Segment 10

Healing takes _____. This is because your nervous system has had thousands of times to react in the old way and needs lots of _____ to learn new responses. A nervous system that is often in a Stuck Zone makes life _____ for you now as an adult but it was _____ for you as a child. Two ways of working on learning new responses and increasing the size of your Opportunity Zone are _____ and _____.

Test Yourself

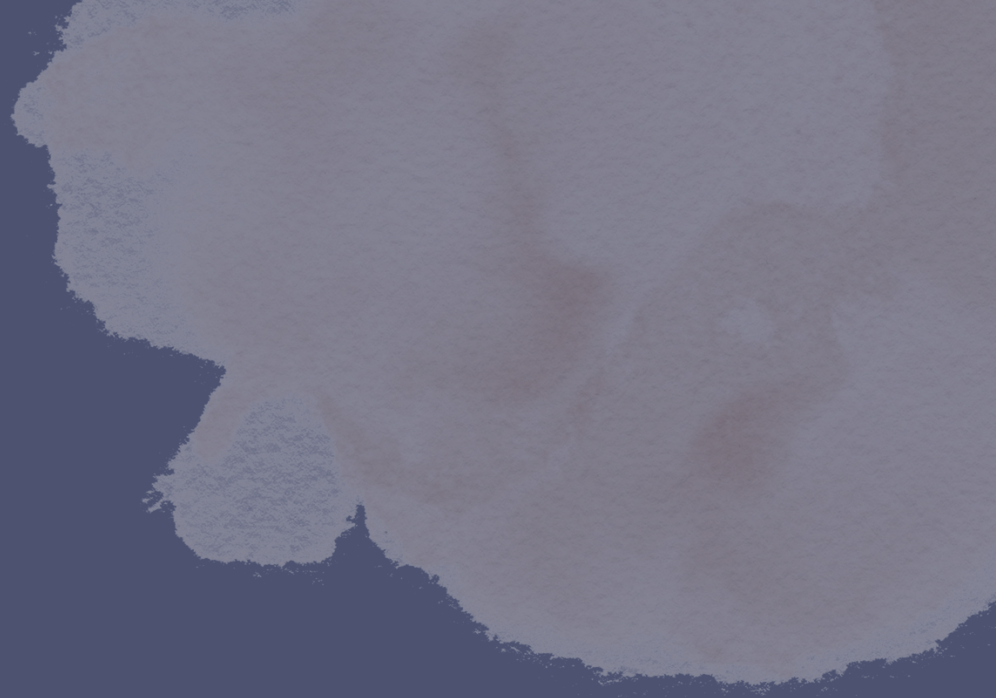

1. You can heal and increase the size of your Opportunity Zone without having to go to therapy
 - A. True
 - B. False
2. Your nervous system is adapted to your childhood.
 - A. True
 - B. False
3. Healing is unlikely to happen without intentional action and effort
 - A. True
 - B. False



Segment 10

Key Points

- Even with a traumatic childhood, you CAN grow your Opportunity Zone with practice and persistence.
- The nervous system you have now is highly adapted to your childhood, where it developed, but may not be so adaptive in your current, and safer, present.
- You can teach your nervous system about your current, safer life and change how it reacts:
 - Working with a therapist
 - Joining CommuniDID



STUDY GUIDE

ANSWERS



Segment 1

When your nervous system is in this place, **Opportunity Zone**, you are functioning well. You are able to think and make **good decisions**.

When you are outside this zone, you are in one of the **Stuck Zones**.

When you are in one of the Stuck Zones, you are **reactive** instead of intentional. This means you lose a lot of **control** and **choice** without even realizing it.

Segment 2

The Opportunity Zone develops during childhood when a distressed baby or child is **soothed** or **comforted**. These children develop a sense that the world is a **safe place** and that unpleasant situations don't **last forever**.

Children who are not aided when they are in distress develop a smaller **Opportunity** Zone. Children who grow up with chronic trauma develop nervous systems that tend to stay in one or the other **Stuck** Zones. As an adult, you can **widen** and **strengthen** your Opportunity Zone with practice.

Segment 3

The nervous system is designed to learn from experiences so it can anticipate threats. Human nervous systems respond to threats in a particular order: first, the social engagement system, then fight or flight, and lastly collapse/shut down. A person who reacts to perceived threat by getting quiet or feeling fuzzy in the head is in the Too Little Stuck Zone. A person who wants to run away or fight is in the Too Much Stuck Zone. It is common for people with DID to be misdiagnosed as having Borderline Personality Disorder.

Segment 4

Through experience, your nervous system has learned which responses are most likely to minimize harm to you. The parts of the brain that decide which defense to use are below the level of consciousness. The brain looks for cues of potential danger and can sometimes mistake innocent things as signs of danger. Many of the if-then rules your brain developed in your childhood no longer fit your adult life but are still in use.

Segment 5

Positive experiences such as emotions or sensations can be **triggers** that can send you to a Stuck Zone. This is because earlier in your life they led to you being threatened or **harmed** and they became a cue for danger. Remember, the brain's priority is keeping you **alive** rather than making you **happy**.

Segment 6

When you are in the **Opportunity** Zone, you are functioning well. When healing occurs, it is when you are in the **Opportunity** Zone. When you are in your Opportunity Zone you are able to seek and receive **comfort/support/help** from other people and **pets**. The **size** of your Opportunity Zone can change due to many factors.

Segment 7

Many survivors of trauma create **false Opportunity Zones** so they can function and do what they need to do in daily life. This is usually because they were not taught or shown how to regulate themselves when growing up and had to **figure out** something on their own. A big problem with methods of creating a false Opportunity Zone is that, over time, it takes **more and more** of the thing to get relief and this means over time, risk of harm **increases**.

Segment 8

Another name for the Too Much Stuck Zone is **fight, flight, or freeze**. The Too Little Stuck Zone is the **collapse/shut down** defense. In the Too Little Stuck Zone we may appear to be **depressed**. People who are sexually attacked and don't fight back are likely in the **collapse state**. Remember that in either Stuck Zone you are not able to **think or function** as well.

Segment 9

When your brain detects potential danger, it shuts the **thinking** part of your brain down. This can make it hard for you to realize that you are reacting to a situation from the **past** and not the present. The brain wants to keep you **alive** and prefers to be **safe** rather than **sorry** when responding to potential threats. Nervous systems with a history of trauma are **easily** triggered into a Stuck Zone. The brain can misinterpret the amount of danger in the **present** because it is focused on what happened in the **past**.

Segment 10

Healing takes **persistence**. This is because your nervous system has had thousands of times to react in the old way and needs lots of **practice** to learn new responses. A nervous system that is often in a Stuck Zone makes life **harder** for you now as an adult but it was **adaptive** for you as a child. Two ways of working on learning new responses and increasing the size of your Opportunity Zone are **going to therapy** and **joining CommuniDID**.



SEGMENT QUIZ

ANSWERS



Segment 1

1. The nervous system has how many zones?
B. Three
2. Recovery for DID can only take place in which zone?
C. Opportunity Zone
3. Which is a characteristic of the Opportunity Zone?
A. Having control of yourself

Segment 2

1. Children with good caretakers learn that the world is:
A. Safe
2. Only parents can widen a child's Opportunity Zone
B. False
3. Once you are an adult, it is too late to enlarge your Opportunity Zone
B. False

Segment 3

1. Which is NOT a reaction of the Too Much Stuck Zone?
B. Collapse
2. One trigger for ending up in the Too Little Stuck Zone is becoming overwhelmed in the Too Much Stuck Zone.
A. True
3. It is common for people with DID to be misdiagnosed with:
C. Borderline Personality Disorder

Segment 4

1. The nervous system looks for ____ to determine threat:
C. Cues
2. You can consciously choose which defense to use:
B. False
3. You can be completely unaware that your nervous system is reacting to an old if-then rule that no longer applies to your life:
A. True

A. True

Segment 5

1. Positive things such as emotions can send you to a Stuck Zone
A. True
2. The brain prioritizes things that make you happy.
B. False

Segment 6

1. Another term for your Opportunity Zone is your:
B. Wise mind
2. You have the most control over yourself in the Too Much Stuck Zone
B. False
3. You have some control and influence over factors that affect the size of your Opportunity Zone.
A. True

Segment 7

1. Which of the following is a method used to create a false Opportunity Zone?
A. Cutting
2. Being a workaholic can be a way of creating a false Opportunity Zone
A. True
3. You should not give up any methods you use to create false Opportunity Zones until you have safer replacements ready:
A. True

Segment 8

1. Which one of the following is a symptom of the Too Much Stuck Zone
B. Panic
2. It isn't important to know which Stuck Zone you are in
B. False
3. The Too Little Stuck Zone can be mistaken for depression:
A. True

Segment 9

1. When we're alert for threats, we don't hear this as well:
C. The sound of the human voice
2. A hypervigilant nervous system is always on alert for danger
A. True
3. People with trauma histories notice cues of danger more easily than they notice cues of safety
A. True

Segment 10

1. You can heal and increase the size of your Opportunity Zone without having to go to therapy
A. True
2. Your nervous system is adapted to your childhood.
A. True
3. Healing is unlikely to happen without intentional action and effort
A. True