



THE POCKET RECOVERY SHOW
Hijacked, Not Broken

PocketRecoveryShow.com
info@pocketrecoveryshow.com

POCKET RECOVERY SHOW
CLINICAL GUIDANCE SERIES • SOMATIC MANUAL

Episode 3 Somatic Down-Regulation Exercises

DAY 1 & 2 — Name It

When freeze arrives in any of its three faces, I want you to simply name it. Out loud if possible, silently if not. 'This is freeze. This is my nervous system in threat mode.' Do not try to interrupt it. Do not try to fix it. Do not shame it. Just name it. Naming activates the prefrontal cortex even in a partial freeze state — it begins to separate the observer from the experience. That separation is the first millimeter of space between you and the loop. That millimeter is everything. If you remember, write down what happened before the freeze.

What Happened



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DAYS 3 & 4 — Name It, Rate It, Then Sigh

The moment you notice the freeze — the jaw tightening, the avoidance impulse, the task you're opening and closing — name it, notice the weight from 1 to 10 with 1 being little weight and 10 being paralyzing weight. Then run two complete physiological sigh cycles. Double inhale through the nose, long heavy exhale through the mouth, twice. Then notice. Did the weight shift at all? Even slightly? Write it down if you can. You are building a data set about your own nervous system, and data requires records.

What Happened	Weight Before Exercise 1...10	Weight After Exercise 1...10



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DAYS 5 & 6 — Name It, Sigh, Choose the Right Tool

You now have the map. High activation — racing thoughts, urgency, panic — physiological sigh. Low activation — flat, numb, dissociated — Voo breathing. Shame loop or intrusive thought driving the freeze — butterfly hug. Mild freeze, need to re-enter presence gently — orienting response. This week is about learning which drawer to open for which kind of stuck. You will not always choose the perfect tool. That is fine. The act of reaching for a tool is itself a reset.

What Happened	Tool Used	Weight Before Tool 1...10	Weight After Tool 1...10

DAY 7 — Find One Moment of Evidence

At the end of the week, I want you to find one moment — just one — where you notice that you showed up despite the freeze, or where a reset shifted the weight even slightly, or where the freeze cleared faster than it did seven days ago. One moment of evidence that your nervous system is beginning to receive the message.

My Show Up Moment was: