

**GLOWBACK
EMOTIONAL
HEALING &
NERVOUS
SYSTEM
TRACKER**



7 Days to Calm, Safety & Inner Stability

You don't heal by pushing harder. You heal by feeling safer.

WHY NERVOUS SYSTEM WORK CHANGES EVERYTHING

Most women are not stuck because of food, weight, or discipline. They are stuck because their nervous system has lived in:

- **Survival**
- **Hyper-independence**
- **Emotional suppression**
- **Chronic stress**
- **Self-abandonment**

When the nervous system feels unsafe:

- **Fat loss stalls**
- **Cravings increase**
- **Motivation disappears**
- **Emotional reactivity rises**

This tracker helps you come back into safety.

HOW TO USE THIS TRACKER

- ✓ Use for 7 consecutive days
- ✓ One page per day
- ✓ Be honest, gentle, and curious
- ✓ This is observation — not self-judgment

You are not fixing yourself.

You are reconnecting with yourself.

DAY _____ | DATE _____

CHECK-IN: HOW MY BODY FEELS TODAY

(check all that apply)

- Calm
- Tense
- Heavy
- Numb
- Anxious
- Grounded
- Overstimulated
- Regulated

WHERE I FEEL IT IN MY BODY

(circle or write)

Chest | Throat | Stomach | Hips | Jaw | Shoulders | Lower back |

Other: _____

EMOTIONAL STATE

(circle all that apply)

Safe | Guarded | Sad | Irritable | Peaceful | Overwhelmed | Hopeful |

Shut down

Primary emotion today:

TRIGGERS & STRESS

· **Did anything emotionally activate me today? Yes No**

If yes:

What happened:

How my body responded:



REGULATION TOOLS USED TODAY

(check all that apply)

- Walking**
- Breathwork**
- Prayer**
- Stretching**
- Journaling**
- Silence**
- Music**
- Nature**
- Connection with someone safe**

Tool that helped the most:

SELF-ABANDONMENT VS SELF-TRUST

Today I noticed myself:

- People-pleasing**
- Overexplaining**
- Rushing**
- Ignoring my needs**
- Choosing myself**
- Resting without guilt**
- Setting a boundary**

BOUNDARY & SAFETY

One boundary I honored today:

One place I chose softness instead of force:

COMPASSIONATE REFLECTION

What my body needed today:

How I responded to myself:

EVENING SOFT LANDING

Before bed, complete one:

- 3 slow breaths
- Stretch hips or shoulders
- Hand on heart + belly
- Gratitude reflection

One thing I'm grateful for today:

END-OF-DAY ANCHOR

Read slowly:

I am not behind.

I am learning safety.

My body is responding to kindness.

WEEKLY INTEGRATION (DAY 7)

REFLECTION

- **Patterns I noticed this week:**
- **Most common trigger:**
- **Most effective regulation tool:**
- **How my body feels compared to Day 1:**
 - Safer** **Same** **More tense** **More aware**

WHEN EMOTIONS FEEL TOO BIG

Return to this page.

- Sit down**
- Feet on floor**
- One hand on chest**
- One hand on belly**
- Breathe slowly**

Say:

“I am safe in this moment.”

That is enough.

CLOSING PAGE

**Healing does not mean reliving the past.
It means teaching your body that the present is safe.
And when your body feels safe...
everything begins to soften, respond, and change.**

GlowBack Mantra

“I create safety within myself.”