

FREE SELF-CHECK COMPANION

DROWNING

YOUR SCORE IS NOT A VERDICT.

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START HERE

WHAT THIS IS • WHO IT IS FOR • HOW TO USE IT

WHAT THIS IS

A SHORT COMPANION TO THE SELF-CHECK YOU JUST TOOK. IT EXPLAINS WHAT YOUR SCORE MEANS, AND GIVES YOU FIVE CONCRETE THINGS TO DO THIS WEEK. IT IS AN EDUCATIONAL AND EMOTIONAL-SUPPORT TOOL — NOT MEDICAL ADVICE, NOT A DIAGNOSIS.

WHO IT IS FOR

ANY WOMAN CARRYING THE WEIGHT OF FERTILITY TREATMENT WHO STOPPED LONG ENOUGH TO LOOK AT HER OWN ANSWER HONESTLY. USE IT THE WEEK YOU TAKE THE SELF-CHECK, AND RETURN TO IT WHENEVER THE WATER RISES AGAIN.

HOW TO USE IT

READ THE NOTE. FIND YOUR SCORE BAND. THEN WORK THE FIVE ACTIONS — ONE AT A TIME, NOT ALL AT ONCE. PRINT IT IF THAT HELPS YOU KEEP IT CLOSE. NOTHING HERE NEEDS TO BE FINISHED TODAY.

WHAT TO EXPECT

YOU SHOULD EXPECT LANGUAGE FOR WHAT YOU HAVE BEEN FEELING, AND A SMALL SET OF MOVES THAT ARE DOABLE ON A HARD DAY. THIS WILL NOT FIX THE MEDICAL PART OF YOUR JOURNEY. IT IS BUILT TO STEADY THE PERSON WALKING THROUGH IT.

IF YOU ARE IN CRISIS OR EXPERIENCING A MEDICAL EMERGENCY, CONTACT YOUR CARE TEAM, A LICENSED MENTAL HEALTH PROFESSIONAL, OR YOUR LOCAL EMERGENCY SERVICES.

A NOTE FROM DR. PAOLINI

YOU DID SOMETHING MOST WOMEN DO NOT

YOU STOPPED LONG ENOUGH TO TAKE THE SELF-CHECK. THAT MATTERS MORE THAN YOU KNOW.

THE NUMBER YOU GOT IS NOT A PERSONALITY FLAW. IT IS NOT WEAKNESS. IT IS A PHYSIOLOGICAL SNAPSHOT OF WHAT SUSTAINED MEDICAL STRESS DOES TO A NERVOUS SYSTEM OVER TIME.

YOU DID SOMETHING MOST WOMEN IN THE FERTILITY FIGHT NEVER LET THEMSELVES DO. YOU STOPPED LONG ENOUGH TO LOOK AT THE ANSWER HONESTLY. THAT IS NOT NOTHING. THAT IS THE FIRST CLINICAL MOVE.

— DR. ALLISON PAOLINI, PH.D., NCC

WHAT YOUR SCORE ACTUALLY MEANS

**THREE BANDS · EACH ONE TELLS YOU WHERE YOU ARE RIGHT
NOW**

SCORE 1–3 · EARLY EXHAUSTION

YOU ARE TIRED. YOU ARE NOT YET AT THE BREAKING POINT MOST WOMEN DESCRIBE WHEN THEY REACH FOR A TOOL LIKE THIS. YOUR NERVOUS SYSTEM IS STARTING TO FEEL THE COST OF LONG-TERM CYCLE STRESS.

NOW IS THE RIGHT TIME TO START REGULATION WORK — BEFORE THE SPIRAL TAKES HOLD.

SCORE 4–5 · ACTIVELY DROWNING

YOUR NERVOUS SYSTEM IS IN ACTIVE DYSREGULATION. THE SCORE REFLECTS WHAT YOUR BODY HAS BEEN TELLING YOU FOR MONTHS — THAT BRACING IS NOT A SUSTAINABLE STATE.

THE WORK IS NO LONGER OPTIONAL. IT IS NECESSARY.

WHAT YOUR SCORE ACTUALLY MEANS

CONTINUED

SCORE 6–7 · BREAKING POINT

YOU ARE AT THE EDGE OF WHAT A HUMAN NERVOUS SYSTEM CAN CARRY ALONE. THE SCORE IS NOT A JUDGMENT — IT IS A CLINICAL REALITY.

WHAT YOU NEED NOW IS STRUCTURE, SUPPORT, AND TOOLS THAT WORK ON THE NERVOUS SYSTEM DIRECTLY.

WHAT TO DO THIS WEEK

FIVE THINGS · SMALL · CONCRETE · DOABLE EVEN ON YOUR
HARDEST DAY

1. NAME THE LEVEL EACH MORNING

ASK: “WHERE AM I ON A 1–10 SCALE?” 1 IS CALM. 10 IS SPIRAL.
NAMING ACTIVATES THE PREFRONTAL CORTEX — THE PART OF
THE BRAIN THAT CAN CHOOSE THE NEXT MOVE.

2. PRACTICE THE 60-SECOND BREATH

IN FOR 4. HOLD FOR 4. OUT FOR 6. THREE ROUNDS. ONCE A DAY,
BEFORE OR AFTER SOMETHING HARD. BUILD THE MUSCLE WHEN
YOU ARE CALM.

WHAT TO DO THIS WEEK

CONTINUED

3. PROTECT ONE WINDOW OF REST

NOT THE WHOLE DAY. TWENTY MINUTES. PHONE AWAY. NO FERTILITY CONTENT. YOUR NERVOUS SYSTEM NEEDS THE GAP, EVEN IF SMALL.

4. WRITE ONE SENTENCE EACH NIGHT

ONE SENTENCE ABOUT WHAT WAS HARD. ONE SENTENCE ABOUT WHAT YOU SURVIVED. DO NOT EDIT. NO ONE IS READING.

5. STOP CARRYING WHAT IS NOT YOURS

YOUR INSURANCE COMPANY. YOUR PARTNER'S EMOTIONS. OTHER PEOPLE'S PREGNANCIES. NONE OF IT IS YOURS TO CARRY. RELEASE. REPEAT.