Restorative Response System Theory

A step-by-step guide
to level up your responses to
trauma reactions

BY PEPPER JOY GREGGS, CTRC-S

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Welcome!

The Inside Out Experience

Live your best life from the inside out.



ABOUT ME

Hello and Welcome to RReST!
My husband Coach PJ, MA, MCLC and I created our healing practice, The Inside Out Experience in 2013 with a mission to help heal the world forward, from the inside out. Through life experiences, training and coaching we have seen great success in our work. However, when I went through a new dark moment in my life's journey, I discovered in my pain, RReST.

This theory came to me when I dove into somatic work with my training as a trauma recovery coach through the International Association of Trauma Recovery Coaches. Adding my body into the healing space and acknowledging it's connection with the soul (our vagas nerve) I started to listen, study and experience this ancestral knowledge that western psychology is now making room for. We have the tools of survival already in us. We also have to the tools for healing and living our best life, from the inside out.

Pepper Joy Greggs

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4 F's of Trauma

What are the definitions of each?

1. Fight

2. Flight

3. Freeze

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4 F's of Trauma

What are the definitions of each?...continued.

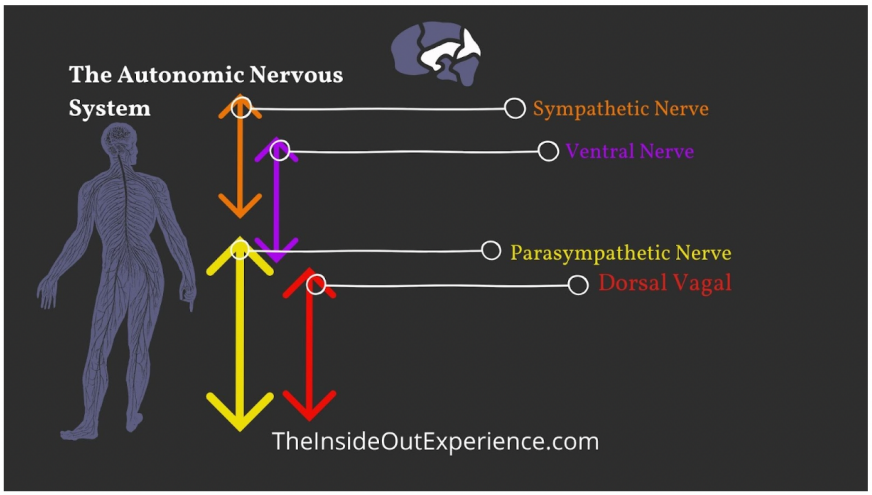
4. Hyper-Freeze

5. Hypo-Freeze

6. Fawn

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PolyVagal Theory



Poly=Many

Vagal=wanderer

Your autonomic nervous systems runs throughout your body much like your circulatory system. Within your nervous system are four or poly nerves/systems. They are the:

- Sympathetic nerve,
- Ventral Vagal or Vagus nerve
- Parasympathetic nerve
- Dorsal Vagal nerve

Each nerve regulations and signals certain systems or areas of the body. They behave and react according to serve you in survival or healing.

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Vagus Nerve

What areas or systems of the body does this nerve regulate?

1. Fight

2. Flight

3. Freeze

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Sympathetic Nerve

What areas or systems of the body does this nerve regulate?

1. Fight

2. Flight

3. Freeze

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Sympathetic Nerve

4. Fawn

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Parasympathetic Nerve

What areas or systems of the body does this nerve regulate?

1. Fight

2. Flight

3. Freeze

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Parasympathetic Nerve

4. Fawn

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Dorsal Nerve

What areas or systems of the body does this nerve regulate?

1. Fight

2. Flight

3. Freeze

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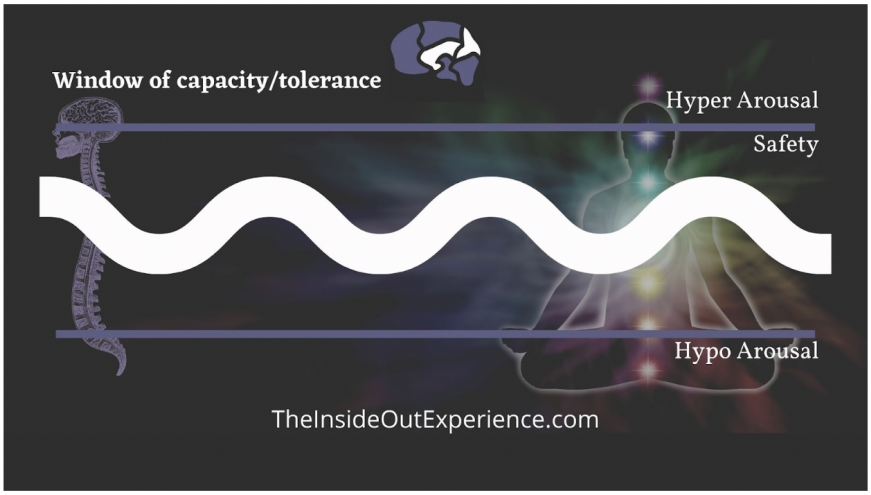
Dorsal Nerve

4. Fawn

Notes

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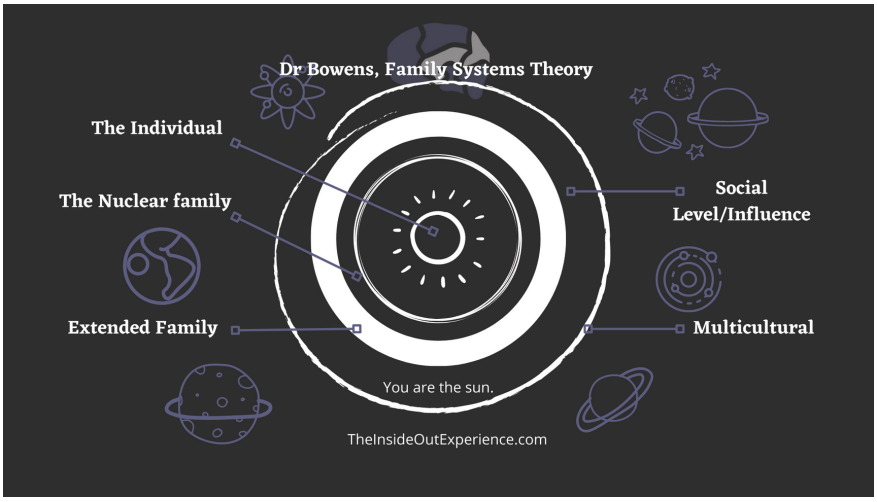
Window of Capacity



Dr. Dan Siegel is behind this theory and considers your window of tolerance (adapted to window of capacity) as the 'optimal arousal zone'. This is not a stress free zone but it is related to resilience and the ability to function when stress is present. When trauma happens we are often pushed outside of this window.

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Nuclear Family



In RReST we have married Dr. Bowen's Nuclear Family System theory and nuclear family system model with Dr. Richard Schwartz' Internal Family systems theory and parts work. This is that *"from the inside out"* part of our motto *"Live your best life from the inside out."* We view the sun as the authentic self. We believe that the internal family system is our personal galaxy or milky way. From there the family system extends beyond our galaxy and out into the universe.

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Internal Family Systems & Parts Work



"Thinks about how the sun attracts planets to orbit around it."- Pepper Joy Greggs CTRC, RReST

What/who are you attracting in your space in the universe?
Are you creating the life you desire in your universe?
Do you feel at the mercy of "solar" systems and orbits of things beyond yourself?
How could you shift in your universe and experience a new life within it?

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Shame

As we go through this part of the workbook, check in with your body:
How do you feel, emotionally, physically, mentally?
Are you hydrated, rested, nourished and without pressure to void your digestive system?
What do you see? What do you taste? What do you smell?
It is important to know and remember that as we talk about and work with shame, shame will likely be trigger it in ourselves.
Note it, sit with it and stay present within yourself.

GEMM

- Good
- Effective
- Mainstream
- Minority

As you think about the ways shame has been weaponized against you and used by you, how have you seen it armed against those who do not look like you?

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Presence of Shame

1. Attack Self

2. Attack Other

3. Denial

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Presence of Shame

4. Withdrawl

Notes

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How to Respond

1. Attack Self = Reframe

2. Attack Other =Responsibility

3. Denial = Recognize

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How to Respond

4. Withdrawl =Reconnect

Notes

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The Science of Tears

1.

Vata

About:

Feels like: Fear, insecurity, overwhelm, loss of control.
Orientation: Fall from innermost corner of the eye
Taste: Bitter

Respond with: **Courage**

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The Science of Tears

2.

Pitta

Notes

Feels like: Anger, frustration, jealousy
Orientation: Falls from mid lower eye lid.
Taste: Salty

Respond with: **Curiosity**

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The Science of Tears

3.

Kapha

Notes

Feels like: Compassion, Joy grief
Orientation: Falls from out most corner of the eye.
Taste: Sweet

Respond with: **Compassion**

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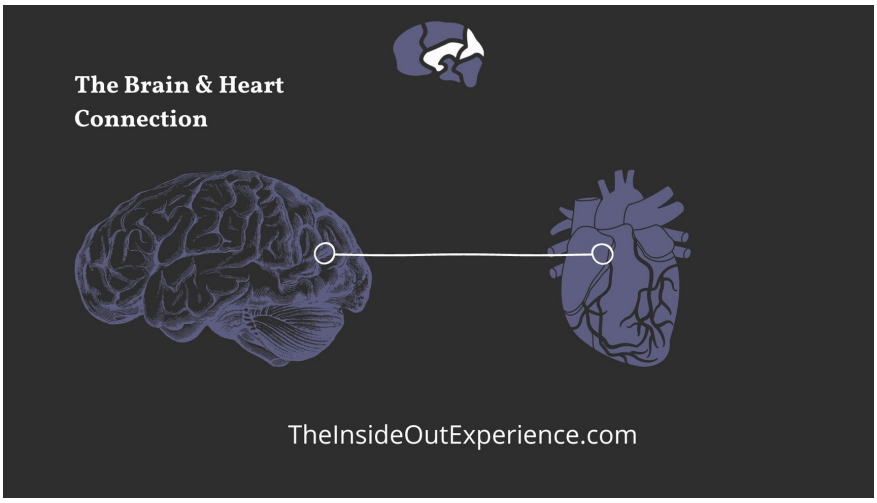
The Science of Tears

Water is life and tears are life. Respond to them with compassion, courage and curiosity.

Notes:

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Somatics



Soma = Body

Somatic's is the understanding of the body separate from the mind and the relationship they share. This relationship is married in the brain through the autonomic nervous system.

Awareness Definition:

This refers to a consciousness of both internal and external events or experiences, believed by some to separate human and non-human animals and plants.

Self-awareness Definition:

Involves being aware of the self, this includes traits, behaviors, and feelings.

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Body Work

If aware in the first step in the healing journey perhaps the act of feeling with awareness is the second step. You cannot heal what you don't feel. However, what you feel is more than emotional; it is physical.
Trauma traps itself in the body. Healing requires we be present in the body.
Aligning and reconnecting the the vibration, or electricity in the brains neural pathways with the magnetic field of the heart through the vessel of the body is part of the healing process.

Notes

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Energy Work

Energy cannot be created or destroyed, only transferred or transmuted.

What energy is: It is power.

Power derived from the utilization of physical or chemical resources.

It is everything.

As shown in the chakra system, the body has several points of higher energy. It is believed they are spinning disks of energy that correspond to bundles of nerves, major organs, and areas of our energetic body that affect our emotional and physical well-being.

They do actually represent the nervous system points of action.

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Pre's

1. Precognitive

2. Preverbal

3. Pre-conceptual

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Brain-Heart Connection

“I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.” — Brené Brown.

The opposite of connection is control.

What energy are you connecting or controlling in your relationship with the body, self and others?

How are you protecting your energy, on an empathic level, physically and otherwise?

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Types of Trauma

1. Acute

2. Chronic

3. Complex

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RReST

For every reptilian brain survival response, there is a conscious restorative response. You need not look any further than yourself. Here you will be given definition, vernacular and understanding of your own RReST.
Living in service to survival creates a cycle that spins us deeper into the space of trauma and survival.
Healing allows us to shift into living better more fulfilling lives. It allows those around us to be safe, unharmed and without need of healing from us.
Our purpose in life is so much more than having a 100% survival rate.
A forewarning, healing looks like a life that most trauma survivors have never seen and can hardly imagine in their wildest dreams.
It can be intimidating. It can feel like one is wounding their own morality when their orientation and societal conditioning have imprinted the messages like: "You are are unworthy" or "You're not good enough."

This work requires us to lean in to the belief that we are enough and in fact, we are everything.

You are everything!

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Mind, Body, Soul and the sensory system

As you learn about RReST it is helpful to think of ways to engage as many of the senses one can in the healing space.

What do you see?

What do you taste?

What do you smell?

What do you feel?

What is going on in the head, heart and soul?

What is being sensed through thought, emotions and physically?

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Rhythm

Rhythm, think Haka dance, the art of war, cadence, mantra, drum or percussion. Repetition, but not rigidity is RReST way to allow a fight response to resolve and restore one back within their window capacity.

Have you ever "rage" cleaned?
Do you have a playlist that helps you get and stay motivated when exercising?
When we feel like fight a rhythmic tapping can help.

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Rise

Rise to meet flight with a place to land.
Where are you running too?
What is your ideal landing?
Is it emotional?
Is it mental?
How many of your senses can you involve in your rise?
What games can you play to encourage the resolve of your flight?
Run or fly to healing, to RReST.

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Resolve

While resolve is not the same as rhythm. It is related to music because it is a pause. Reflect is also a fitting word for this RReST repair.

If you freeze, reflect, remember yourself in the space.

This is a perfectly normal reaction, to a ridiculously abnormal situation.

REFLECT
EMBODY
SELF
OBSERVE
LAUGH
VIBRATE
EXHALE

Notes

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Reframe

You **did not** choose what happened to you.
You **are** responsible for healing it anyway.
Define and redefine all things in compassion and understanding. If the narrative is conducive to shame, control and toxicity, these are red-flags that the truth is barely if at all present.
How will you reframe so that light is shed and safety can be held for the fear and pain?

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Compassion

Compassion is not a relationship between the healer and the wounded. It's a relationship between equals.

-Pema Chodron

It is not pity or sympathy.

It is related to empathy, but has no room for enmeshment.

It is the ability to bring relief to ones pain without becoming pained ourselves. It is choosing mercy over pity. It the the felt sense that cannot be reciprocated or repaid through action.

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Courage

Courage, unlike bravery, does not require one abandon safety. It is a conscious choice one weighs. It is deeper than the belief confidence gives us. It is facing fear, observing it and sitting with it.
It can be seen as the foundation to integrity.
It is to feel fear and rebelliously heal anyway.

When you read, say or hear the word courage, how does it land in your body?
Where do you find yours?

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Curiosity

Curiosity is the antidote to shame.
Curiosity is a desire to know the "why?" of everything.
To be curious is to be different and outside of boring and perhaps shameful.
Curiosity is also a dopamine trigger.
Does curiosity have a feeling emotionally or physically for you?
Do you sense it has a color?

Stay curious!

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Community Care

Three elements of communal care in the scope of trauma recovery:

Protection- Fight, Flight, Hyper Freeze, Or Ventral/Sympathetic

Connection- Safe, social and engaged, Or Window of capacity.

Disconnection- Feign, Hypo Freeze, Immobilization, Or Dorsal/Parasympathetic.

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Community Care

Attunement: Is a kinesthetic and emotional sensing of others knowing their rhythm, affect and experience by metaphorically being in their skin, and going beyond empathy to create a two-person experience of unbroken feeling connectedness by providing a reciprocal affect and/or resonating response'. Allowing our autonomic
nervous systems to attune to others in connection through safety is communal care.

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Community Care

Safety

“Safety is the treatment for trauma survivors.”- Dr Bessel Van Der Kolk
(Author of the Body Keeps the Score)

When working with others in their survival space:
Remind them they are HERE and NOW, not THEN and THERE in trauma.

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Thank you!

I am so honored you began your healing journey and that it has led you to this place in RReST. I hope you find this modality to be of great use and success in your daily practice with the self and others.

Remember, you are enough.

You are everything!

Live your best life from the inside out!



A special thanks to my family and support system for helping to carry me in compassion through this project. Credit and appreciation to April Haggart, CTRC for helping me get this workbook organized and put together. Thank you!

Do You Need More Help?

Schedule a Call or Session

Visit our website: TheInsideOutExperience.com

Call or Text: 918.430.5009