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Rewire Your Nervous System in 30 Days

Workbook

What Difference Can 30 Days Make?



The little things add up

By completing the 10-minute daily prompt in this workbook, you'll spend **over 1 hour per week of focused, concerted time on your healing** without disrupting your schedule.



Consistency pays off

Hoping to see results? 30 days of focused effort may be all it takes to start. Among people who use the Curable app for just 30 days, **68% experience physical symptom relief.**



Momentum builds on itself

30 days of rewiring will go by quickly. Once you've completed them, the next month of healing efforts will feel more natural and habitual.

Calendar

Check off each day as you complete it.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Daily Prompts

Day 1

In order to follow through with any goal, you need to find your true “why” - the internal motivation for why this goal is important to you. **Why is it important to you to complete this 30-day workbook?**

Day 2

Pain has an evolutionary purpose: it is designed to protect you from physical and emotional harm. Think about your life so far and the ways in which your brain may have used pain in order to protect you. **In what ways has physical pain been an effective protection strategy for your brain to use?**

Day 3

When pain becomes chronic, the nervous system becomes stuck on a higher alert setting than necessary. Take 5 minutes to close your eyes and imagine that you are “turning down” the alert setting on your nervous system from high to low. **How did it feel to imagine this change?**

Day 4

Ask someone to be your accountability partner for the rest of your 30 days.

This person does not have to be completing the workbook alongside you, they simply need to be available to check in with you, help keep you on track, and listen to your experience.

My accountability partner is: _____

Day 5

Notice the spiral. Throughout the day today, make a point to notice your “thought spirals”: times when one negative thought leads to a pattern of depressive, unhelpful, or catastrophic thinking. At the end of the day, come back and reflect on what you noticed. **What specific thoughts most reliably triggered downward spirals for you?**

Day 6

Create your personal “defusion statement”: a strong one-sentence mantra that you will use to fight off the negative thoughts you noticed during yesterday’s challenge.

Sample Defusion Statements

“This is just a thought, not a fact.”

“This thought isn’t getting me anywhere.”

“I choose not to believe that.”

“I’m not going down this road.”

My defusion statement is: _____

Day 7

Defuse & distract: Anytime you notice your thoughts spiraling in the wrong direction today, interrupt the intrusive thought with your defusion statement. Then, quickly shift your attention to something different. **How did this technique feel compared to your usual thought pattern?**

Day 8

When it comes to thought patterns, the brain perpetuates the input that it receives. Positive thoughts make it easier for the brain to notice positive events and vice versa. Take 5 minutes to close your eyes and vividly imagine your thoughts spiraling around in your brain. Imagine the number of negative thoughts growing smaller as the number of positive thoughts grows larger. **How did it feel to imagine this change?**

Day 9

What are some ways in which you can already congratulate yourself for making progress? **Write them down here then share them with your accountability partner.**

Day 10

The nervous system adapts and changes throughout your life. It is constantly being influenced by the events and stresses in your life as well as your coping mechanisms.

Using the template below, write down three big events, factors, or stresses that you believe played a role in shaping your nervous system's development. Then, on the right, write down your interpretation of how your nervous system adjusted to accommodate this factor, event, or stress.

Sample Factors

Parents getting divorced

Always being sick as a kid

Being unhappy in my marriage

Sample Nervous System Responses

Couldn't express anger, had to be perfect, so my brain started learning to store stress in my body

Started being scared that there was something wrong with me, nervous system became very alert

I can feel that my nervous system is more sensitive when my partner is around

Your Factors/Stresses/Events

Your Nervous System's Responses

Day 11

Reflect on what you wrote down yesterday. Then, **write a short letter of forgiveness to your nervous system.** Let it know that you understand how it got to the place that it's in and that you know it has done the best it can given the circumstances. Inform it that you will be making some changes going forward.

Day 12

Take 5 minutes to close your eyes and vividly imagine your nervous system as a highway system. Because of the way this system has developed, it keeps sending cars down the same old routes that lead to pain. Imagine yourself opening up construction of a new highway where you can redirect traffic: a highway that leads to an upward spiral of movement, joy, empowerment, and freedom. **How did it feel to imagine this change?**

Day 13

What insights have you gained into your nervous system so far? **Write them down here then share with your accountability partner.**

Day 14

For better or worse, chronic pain seeps into your identity. Sometimes, the pain can start to symbolize a powerful and resilient part of who you are. The trouble is that anything you identify with eventually becomes painful to lose. **In what ways has physical pain become a positive part of your identity - a part that may be hard for you to let go of?**

Day 15

Stop talking about pain: Go one full day without talking about your physical pain or symptoms. No small talk, no complaints, no check-ins. If you are directly asked about it, simply state that you're taking the day off from talking about pain and redirect the conversation. **How did this feel to you? What did you notice?**

Day 16

Plan for setting boundaries without pain: As you plan for a life with less pain, you must plan for the discomfort that will come along with setting new boundaries. What will you say when “I can’t go because my pain is acting up” is no longer true for you? Practice writing down some ways you could say “no” or set a boundary without referencing pain.

Day 17

Practice setting boundaries without pain: Now it’s time to test your plan out! Using the statements you wrote down yesterday as inspiration, set one boundary today without referencing your pain or symptoms. **How did this feel to you? What did you notice?**

Day 18

Write a short breakup letter to your pain. Call out and appreciate the unexpected ‘sunny sides’ that pain has brought your life, but let it know that you have made the decision to let go and move forward.

Day 19

What insights have you gained about the way in which pain influences your identity and sense of self? **Write them down here then share them with your accountability partner.**

Day 20

Take 5 minutes to vividly imagine your brain. Picture the vast amount of space in your brain that used to be dedicated to thinking about, worrying about, and focusing on your symptoms. Imagine that all of that space is now clearing, leaving room for things like joy, gratitude, hobbies, and more. Picture these new things filling up the space that has now cleared. **How did it feel to imagine this change?**

Day 21

There are many limiting beliefs that can hold you back on the journey to recovery. One of the most common beliefs that gets in the way is the belief that you are somehow broken or damaged beyond repair. **How would you think and act differently if you started to believe that nothing in your body was broken, damaged, or irreparable?**

Day 22

One way to overcome the belief that your body is broken is to train yourself to notice what is going right in your body. **Make a list of five things that are going right in your body today.**

Day 23

Take a break from comparisons. Go one full day without comparing your health and body with someone else's. If you catch yourself unconsciously comparing, don't start over - just notice what's happening and shift your attention elsewhere. **How did this feel to you? What did you notice?**

Day 24

Create your new beliefs: It's time to update your beliefs about your body. What do you CHOOSE to believe about your body going forward? When limiting thoughts and beliefs about your body creep in, what phrase will you use to remind yourself that you are not broken, damaged, or irreparable?

Day 25

Using the new set of beliefs that you created about your body yesterday, take 5 minutes to vividly imagine your body the way you described it. **How did it feel to imagine that?**

Day 26

What are 5 things you truly like about your body, brain, and nervous system? **Write them down here then share them with your accountability partner.**

Day 27

When pain becomes chronic, your life begins to shrink. Before you know it, there is a long list of things you vow you'll do "once the pain is gone" or "once you're having a good day." **Make a list of things you want to do that you have been putting off because of your symptoms. Circle the things you can start taking steps towards now.**

Day 28

Go for it: Look back at the circled items on the list you made yesterday. Complete (or take steps towards completing) one of these items today. **How did this feel to you? What did you notice?**

Day 29

Since you started this workbook, what changes have you noticed in yourself - in your body, brain, nervous system, mindset, or outlook? **Write them down here then share them with your accountability partner.**

Day 30

Maintaining momentum: Now that you've completed your 30-day workbook, how do you plan to stay on track? What programs, tools, or people will help you to take your healing to the next level after this? And what will you do if you notice that your progress is backsliding?
