

NERVOUS SYSTEM STATE TRACKER

A Note From Tobey

This tracker is for the part of you that is tired of guessing.

When your nervous system is doing its thing, everything can feel personal, confusing, and permanent. Tracking turns that fog into something workable. Not by overthinking it, but by noticing patterns with just enough distance to create choice.

Use this once a day for two minutes. That's it. More effort is not always more healing. The goal is not to become a perfect, regulated person. The goal is to learn your system's rhythm so you can respond with less shame and more skill.

Some days you will notice you live in a state of Armor. Some days you will drop into the Chrysalis. Some days you will have access to Flight, connection, the ability to choose. None of these states are a personality. They are biology responding to conditions.

If you can name your state, name what helped, and name what you need more of, you are already building capacity. That is nervous system sovereignty in real life.

Take what helps. Skip what does not. Start where you are.

Tobey

NERVOUS SYSTEM STATE TRACKER

PART A: The Daily Snapshot

Today my most common state was:

- Butterfly (connection, choice)
- Armor (mobilization, urgency)
- Chrysalis (shutdown, numbness)

Intensity (1 to 10): _____

My early signals were:

- jaw tension chest tightness fast thoughts irritability restless body
- heaviness fog numbness low voice zoning out
- steadier breath softer eyes curiosity more social interest

Other: _____

The trigger or condition for the state I was in today was:

What helped, even a little:

One condition I need more of:

- sleep food water movement boundaries quiet
- connection sunlight support nature mindfulness

Next smallest step:

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PART B: 7-Day State Log

Day 1

State: Butterfly (connection, choice) Armor (mobilization, urgency)
 Chrysalis (shutdown, numbness)

Intensity (1 to 10): _____

Trigger or condition: _____

What helped: _____

Next smallest step: _____

Day 2

State: Butterfly (connection, choice) Armor (mobilization, urgency)
 Chrysalis (shutdown, numbness)

Intensity (1 to 10): _____

Trigger or condition: _____

What helped: _____

Next smallest step: _____

Day 3

State: Butterfly (connection, choice) Armor (mobilization, urgency)
 Chrysalis (shutdown, numbness)

Intensity (1 to 10): _____

Trigger or condition: _____

What helped: _____

Next smallest step: _____

Day 4

State: Butterfly (connection, choice) Armor (mobilization, urgency)
 Chrysalis (shutdown, numbness)

Intensity (1 to 10): _____

Trigger or condition: _____

What helped: _____

Next smallest step: _____

Day 5

State: Butterfly (connection, choice) Armor (mobilization, urgency)
 Chrysalis (shutdown, numbness)

Intensity (1 to 10): _____

Trigger or condition: _____

What helped: _____

Next smallest step: _____

Day 6

State: Butterfly (connection, choice) Armor (mobilization, urgency)
 Chrysalis (shutdown, numbness)

Intensity (1 to 10): _____

Trigger or condition: _____

What helped: _____

Next smallest step: _____

Day 7

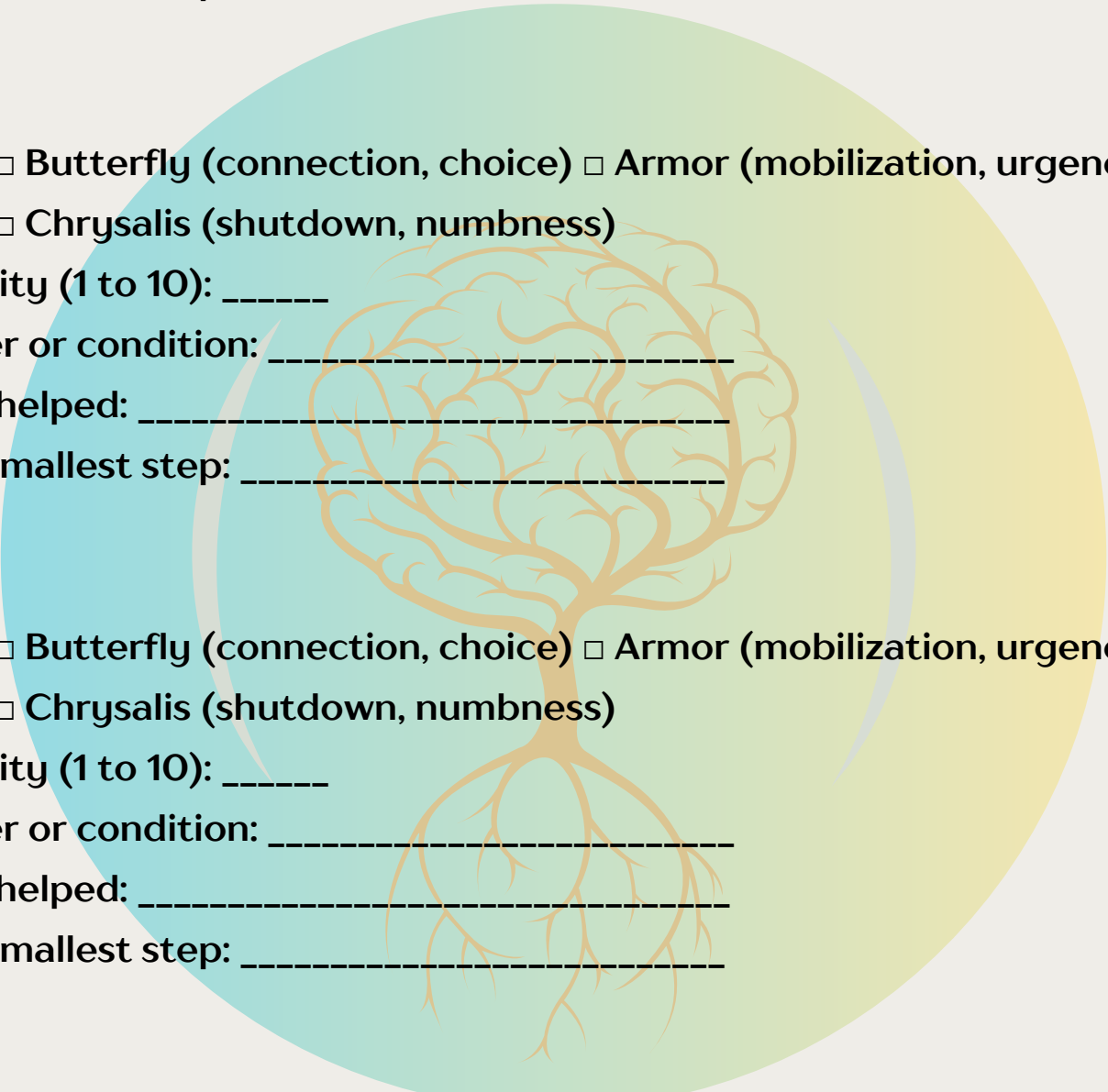
State: Butterfly (connection, choice) Armor (mobilization, urgency)
 Chrysalis (shutdown, numbness)

Intensity (1 to 10): _____

Trigger or condition: _____

What helped: _____

Next smallest step: _____



NERVOUS SYSTEM STATE TRACKER

Weekly Reflection

My most common state this week was:

- Butterfly (connection, choice) Armor (mobilization, urgency)
- Chrysalis (shutdown, numbness)

The biggest pattern I noticed:

One condition that consistently helps me:

One support I need more of next week:



A Note From Tobey

Noticing Is the First Step

If you used this tracker this week, even once, you did something powerful.

Noticing is not passive. Noticing is the beginning of change.

When we track our nervous system states, we stop treating our reactions like mysteries or personal failures. We start seeing patterns. We start seeing conditions. We start seeing what helps.

Some days you will show up activated. Some days you will be in shutdown.

Some days you will have access to Flight, connection, creativity, and choice.
That is normal.

You cannot always be your best butterfly self. Life has seasons. Stress happens. Bodies respond.
The goal is not to force yourself into Flight.

The goal is to notice what helps you access that state more often, and what conditions make it easier for your nervous system to return there.

Small reps matter. Tiny shifts matter. A two percent change counts.

Growth is not a straight, perfect line. It is a steady practice of returning.

You are learning your system's language.
That is sovereignty.

Thank you for showing up for yourself

Wishing you blessings on your path towards becoming your very best, butterfly self.

~Tobey~

If you want the full roadmap, the deeper neurobiology, and the step by step practices that build real capacity over time:

[Get the full workbook](#)

If you want one on one support that is paced, body-based, and trauma-informed:

[Book a 1:1 Session](#)