

NEDS Universal Growth Protocol

(Identify → Shift → Release → Transform)

Purpose:

Whenever suffering, nervousness, blockage, inner conflict, fear, procrastination, guilt, or a sense of “I can’t” appears — this protocol brings the system back from survival mode (contraction, urgency, control) into growth mode (space, choice, capacity).

In one sentence:

I don’t solve the problem immediately — first I calm and map the body, then create a bit more space, allow the body to release tension, and only then take the smallest intelligent next step.

IMPORTANT: STOP Rule (Safety)

Before you begin:

If the sensation is too intense (8/10 or higher), or you experience mental fog, a feeling of “not being here,” panic, or a sense that you might fall apart:



Do not continue.

Practice **Orientation only** for 2–3 minutes (feet, gaze, breathing).

If it still does not ease, seek support from a trusted person or a qualified professional.

(This is not a medical treatment; use it for self-help and regulation.)

0. ORIENTATION (30–90 seconds)

Goal: to lower the sense of urgency.

1. **Say to yourself** (out loud if you can):
“Right now my goal is to increase capacity, not to defeat the problem.”
2. **Look around and find 3 things:**
 - one thing you **see**,
 - one thing you **hear**,
 - one thing you **touch**.
3. **Sense the body (without explaining):**
Where is the signal strongest?
throat / stomach / chest / forehead / jaw / shoulders.
4. **One slow exhale** (as if fogging up glass).
I am not chasing calm. I am chasing a little more space.



When has this worked?

When you feel even **1% less contraction** or a **slight increase in presence**.

1. IDENTIFY — WHAT IS ACTIVE? (1–3 minutes)

Goal: to recognize who is driving and which story (condition) is being pushed.

In plain language:

Inside us, different “modes” turn on — like on a phone:

the critic, the controller, the pleaser, the fearful one, the angry one, the wounded one, flight, freeze...

Answer these 3 questions:

1) Which “part of me” is loud right now?

Examples (choose one or name it in your own words):

- **The Critic** (everything is wrong, I’m not good enough)
- **The Controller** (I must keep everything under control or it’s a catastrophe)
- **The Pleaser** (as long as no one is angry)
- **The Fearful One** (it’s dangerous, this won’t end well)
- **Flight / Procrastination** (tomorrow — anything not to feel this)
- **Fight** (attack, argument, proving a point)
- **Freeze** (I can’t move)

2) What is its main “I must” sentence?

Complete one of these:

- “To be safe, I must...”
- “To be worthy/loved, I must...”
- “So that something bad doesn’t happen, I must...”

Examples:

- “I must do everything myself”
- “I must fix this immediately”
- “I must not make a mistake”
- “I must please everyone”
- “I must stay silent so I don’t provoke anything”

3) How does the body show this, and where? (somatic signature)

Mark what applies:

tightness / pressure / coldness / nausea / lump / tremor / heaviness / burning

 **Result:**

Part + sentence + somatic signature

(e.g. “Controller: ‘I must fix this immediately’ + pressure in the chest”)

2. SHIFT — CHANGE OF CRITERIA (30–90 seconds)

Goal: to let *awareness*, not fear, become the “boss.”

Ask **one question** about the previous construct (choose one):

1. **Does this sentence expand me in the long run, or constrict me?**
2. **Does it give me life in 3 months — or just relief for 3 minutes?**

Now introduce the “**growth paradox**”

(one sentence that allows *both* fear *and* action):

- “I can be afraid and still move step by step.”
- “I can not know and still do the smallest possible thing.”
- “I don’t need perfection. 1% better is enough.”

Micro-action (body required):

- Drop the shoulders by at least **1%**
- Release the jaw by at least **1%**
- One slow exhale

 **When has this worked?**

When you feel a **tiny sense of choice**

(“I don’t have to do it immediately / I don’t have to do everything / I can do a little”).

3. RELEASE — LETTING GO OF THE SOMATIC LOCK (2–5 minutes)

Goal: to allow the body to complete an interrupted tension cycle.

Rule: do not retell the story. Keep attention on the bodily signal.

Do it like this:

1. Bring attention back to the place of the signal (throat, chest, stomach...).
2. Say: “**I allow the body to move.**”
3. Give the body **30–90 seconds** to do whatever it wants (without forcing).

What may happen (all of it is OK):

- a spontaneous exhale
- yawning
- tears
- trembling
- warmth / cold

- a wave moving through the body
- a shift in the location of pain

Work slowly. In doses.

If it becomes too intense → return to orientation

(gaze, feet, exhale).

 **When has this worked?**

When the bodily sensation **changes**:

location / intensity / temperature / rhythm.

It doesn't have to disappear —

but it does need to **start moving**.

4. TRANSFORM — EMBED THE NEW (2–5 minutes)

***Goal:** a new internal sentence + a small concrete step.*

New sentence = a short sentence that replaces the old rule from *Identify* (the “I must / if-then” rule) and after which the body feels **slightly softer**.

Here you choose **one path**:

4A. INTEGRATION (when parts are at war)

Use when you feel:

“one part wants X, another wants Y” or “I’m being torn apart.”

1. **What was this part trying to protect?**
(e.g. dignity, safety, peace at home, love)
2. **How can it be part of the team instead of the commander?**
3. **New sentence (integration):**
 - “Both (fear) and (action) can exist.”
 - “Both me and others matter.”
 - “I can be careful and free.”

Add **somatic confirmation**:

one exhale + listen — does the body say “yes” (even a little softer)?

4B. DIFFERENTIATION (when the system is rigid)

Use when you feel:

“I can’t do anything,” procrastination, stiffness.

1. **What is the smallest growth experiment today?** (2–10 minutes)

Examples:

- send one message
- tidy up for 5 minutes
- schedule an appointment
- write 3 sentences of a plan
- say “no” to one small thing
- start a task for 10 minutes

2. **Do that step immediately**, before the mind explains “why it can’t.”

3. **New sentence (differentiation):**

Write one short sentence that leads you into action, for example:

- “10 minutes is enough.”
- “I don’t need perfection — just to start.”
- “I can do this with fear.”
- “Just the first step.”



Result:

New rule (“new sentence”) + somatic softening + next concrete move.

SOMATIC TRUTH COMPASS

The body is the compass.

- If the current step brings **more space + grounding + presence** → that is **growth**.
- If it brings “expansion” but throws you into **fog, euphoria, disconnection** → that is **escape**.

In that case → Stop, do Orientation again, then continue.

Add-ons

QUICK VERSION (60 seconds)

1. **Where is the signal in the body?**
2. **Which part is in charge, and what is the “I must” sentence?**
3. **One slow exhale + 1% less contraction**
4. **Stay with the signal for 30 seconds** (no story)
5. **One small next step** (2–10 min)

Most Common Mistakes (and the Correction)

- **Mistake:** “I’m going to solve the problem immediately.”

Correction: Body first → decision second.

- **Mistake:** Retelling the story for 20 minutes.

Correction: 30–90 seconds of focus on the signal.

- **Mistake:** Forcing release.

Correction: Dosing. Waves. Pauses.

- **Mistake:** Looking for it to “disappear.”

Correction: It’s enough for it to move.