



Learning to Feel Safe With More

A Nervous System Regulation &
Subconscious Reprogramming Workbook

Learning to Feel Safe With More **Contents**

- Page 3. Introduction
- Page 4. Part 1: The Safety Set Point
- Page 7. Part 2: Awareness – What Feels Safe to Hold?
- Page 11. Part 3: Subconscious Beliefs
- Page 13. Part 4: How These Beliefs Formed
- Page 14. Part 5: Reprogramming Through Safety
- Page 19. Part 6: Expanding Capacity
- Page 20. Part 7: The Body Holds the Truth
- Page 21. Part 8: Integration & Next Steps
- Page 24. Contact Zorana Today



Introduction: The Truth About Your Capacity

People don't live according to what they want.

They live according to what their nervous system feels safe allowing.

Read that again slowly

You might consciously desire abundance, love, success, or freedom. But if your nervous system doesn't believe it's safe to receive those things, it will block them at every turn. Not because you're broken. Not because you're doing something wrong. But because your subconscious mind and nervous system are designed to keep you alive, not necessarily happy.

Your nervous system adapted to your early environment. It learned what was safe and what was dangerous. It developed beliefs about what you're worthy of, what's possible for you, and how much goodness you can hold. And those beliefs became your operating system, running quietly in the background, shaping every choice, every reaction, every outcome.

The good news? Your nervous system can be reprogrammed. Your capacity can expand.

And this workbook will show you how.

How to Use This Workbook

This is not a passive read. This is active work. You'll need:

- *A quiet space*
- *A pen*
- *Honesty with yourself*
- *Willingness to see what you've been avoiding*

Take your time with each section. Let the questions land in your body. Write what's true, even if it's uncomfortable. Your breakthrough lives on the other side of awareness.

Part 1: Understanding Your Nervous System's Safety Zone

Your nervous system holds an inner sense of how much life it feels safe to receive.

How much ease, love, success, or abundance your body allows itself to hold.

This is your capacity, often called your nervous system's set point.

It may feel like a comfort zone, though it is not always comfortable. It is simply familiar.

And what is familiar can quietly become a limit, not by choice, but through protection.

When life begins to offer more than your nervous system recognizes as safe, the body responds automatically. Not to stop you, but to return you to what it knows.

This is why expansion can feel unsettling, even when it is what your soul desires.

Common Ways Your Nervous System Blocks Expansion:

In Money:

- *You receive money, then immediately have an unexpected expense*
- *You avoid raising your prices or asking for what you're worth*
- *You sabotage opportunities right before they land*
- *You feel guilty, anxious, or undeserving when money flows easily*

Part 1: Understanding Your Nervous System's Safety Zone

Common Ways Your Nervous System Blocks Expansion:

In Health:

- *You commit to taking care of yourself, then fall back into old patterns*
- *You feel worse when life gets better (pain flares during happy times)*
- *You unconsciously create stress or chaos that impacts your body*
- *You can't fully relax even when you have time to rest*

In Relationships:

- *You push people away when they get too close*
- *You attract partners who confirm your unworthiness*
- *You feel anxious when things are going well, waiting for the other shoe to drop*
- *You sabotage healthy relationships because they don't feel familiar*

Part 1: Understanding Your Nervous System's Safety Zone

Common Ways Your Nervous System Blocks Expansion:

In Success:

- *You work hard but never quite reach the goal*
- *You dim your light to avoid being "too much"*
- *You fear visibility, judgment, or outgrowing your circle*
- You unconsciously create obstacles right before a breakthrough

Does any of this sound familiar?

These aren't character flaws. They're your nervous system trying to keep you safe within the limits it learned long ago.

Part 2: Awareness Exercise – What Does Your Nervous System Believe is Safe?

Let's bring awareness to your current set point. Answer these questions honestly.

Money & Abundance:

- 1. What's the most money you've ever made or held at once? How did it feel in your body?*
- 2. Complete this sentence: "If I had unlimited money, I would feel _____ because_____."*
- 3. What did you learn about money growing up? (Examples: "Money is hard to come by," "Rich people are greedy," "We can't afford that")*
- 4. When money flows easily to you, does tension or discomfort shows up?*

Part 2: Awareness Exercise – What Does Your Nervous System Believe is Safe?

Health & Vitality:

- 1. Do you believe your body is capable of feeling good consistently? Why or why not?*
- 2. When you imagine yourself healthy, energized, and pain-free, what comes up? (Doubt? Fear? Unworthiness?)*
- 3. What did you learn about health and your body growing up?*
- 4. When you start feeling good, do you unconsciously wait for it to fall apart?*

Part 2: Awareness Exercise – What Does Your Nervous System Believe is Safe?

Love & Relationships:

- 1. Complete this sentence: "I am worthy of love when I _____."*
- 2. What's the deepest level of love and connection your nervous system currently feels safe receiving?*
- 3. What did you learn about love, safety, and relationships growing up?*
- 4. When someone shows you consistent love, what fear or resistance shows up in your body?*

Part 2: Awareness Exercise – What Does Your Nervous System Believe is Safe?

Success & Visibility:

- 1. What level of success does your nervous system currently feel safe holding?*
- 2. What would you lose if you became wildly successful? (Friends? Familiarity? Safety in smallness?)*
- 3. Complete this sentence: "If people really saw me, they would _____."*
- 4. What did you learn about success, ambition, or standing out growing up?*

Part 3: The Beliefs Running Your Life

Look back at what you just wrote. Do you see patterns? Themes?

Your answers reveal the subconscious beliefs your nervous system has been operating from. These beliefs were formed early, often before age 7, and they've been running your life ever since.

Common Subconscious Beliefs That Limit Capacity:

- *When things feel good, I don't trust it and brace for something to go wrong*
- *Calm feels unfamiliar, so I stay alert*
- *If life starts going well, it probably won't last*
- *Letting myself enjoy this fully feels risky*
- *If I receive too much, there will be a consequence*
- *Being fully seen feels like exposure, not safety*
- *Growing beyond what's familiar could mean losing people I love*
- *Rest and ease feel undeserved unless I've worked hard enough*
- *There is only so much goodness meant for me*

Part 3: The Beliefs Running Your Life

Your Turn: What beliefs are running YOUR life?

Based on your answers above, write down 3–5 subconscious beliefs your nervous system has been holding:

1.

2.

3.

4.

5.

Part 4: Where Did These Beliefs Come From?

Your beliefs didn't come from nowhere. They emerged quietly over time, shaped by your experiences and relationships, as your body learned how to stay safe, connected, and intact in the world around you. These beliefs were never failures, they were intelligent responses. And while they may no longer be needed, they deserve understanding, not judgment.

Reflection Questions:

- 1. Who in your family carried similar beliefs? (About money, health, success, love?)*
- 2. What happened in your childhood that taught your nervous system these beliefs were true?*
- 3. At what age did you first remember feeling unsafe, unworthy, or "less than"?*
- 4. How have these beliefs protected you? (Even limiting beliefs served a purpose once.)*

Part 5: Reprogramming Your Nervous System

Now that you're aware of what's been running, you can start to shift it. Awareness is the first step. Reprogramming is the next.

Your nervous system changes through:

- *Repetition (new beliefs practiced daily, living in the new belief)*
- *Felt safety (regulating your body, somatic practices, tapping & affirmation)*
- *New evidence (proving the old belief wrong, validation)*
- *Subconscious work (hypnotherapy, visualization, NLP, energy-body scanning)*

Part 5: Reprogramming Your Nervous System

Step 1: Choose ONE Belief to Shift

Pick one limiting belief from your list above. Write it here:

Old Belief:

Now, what's the OPPOSITE belief? What would you need to believe to expand your capacity?

New Belief:

Step 2: Speak It Into Your Body

Your subconscious responds to repetition and emotion.

Say your new belief out loud, 10 times while placing your hand on your heart or tapping upper chest, with deep grounding breaths.

Example:

Old Belief: "I am worthy once I become better."

New Belief: "I am worthy right now, as I am."

Part 5: Reprogramming Your Nervous System

Step 3: Regulate Your Nervous System

Your body won't accept a new belief if it's in survival mode. You must regulate first.

Simple Nervous System Regulation Practice:

1. Sit comfortably. Place one hand on your heart, one on your belly.
2. Inhale for 4 counts, hold for 4, exhale for 6.
3. Repeat 10 times.
4. As you breathe, say to your body: "I am safe. I am here. It is safe for me to expand."

Do this daily. Your nervous system will start to feel safe in a new baseline.

Part 5: Reprogramming Your Nervous System

Step 4: Gather New Evidence

Your subconscious needs proof that the new belief is true. Start small.

If your new belief is about worthiness:

- *Practice receiving a compliment without deflecting*
- *Let someone help you without feeling guilty*
- *Do something kind for yourself without earning it first*

If your new belief is about abundance:

- *Notice when money flows easily (even \$5)*
- *Celebrate small wins instead of dismissing them*
- *Practice gratitude for what you already have (what has your money paid for? a warm home, a full belly, memories, etc.)*

If your new belief is about safety in success:

- *Take one aligned action toward your goal*
- *Share your work even if it feels vulnerable*
- *Celebrate yourself publicly (even if it's uncomfortable)*

Part 5: Reprogramming Your Nervous System

Your Turn: *What's ONE small action you can take this week to prove your new belief true?*

Part 6: Expansion Practice– Increasing Your Capacity

Your nervous system expands gradually. You can't jump from a set point of "5" to "100" overnight. But you CAN stretch it bit by bit.

The Stretch Practice:

Think about the area where you want to expand (money, love, health, success).

- 1. What does your current set point feel like? (Example: "I feel safe earning \$50K/year")*
- 2. What would be a 10% stretch? (Example: "I could feel safe earning \$55K")*
- 3. Visualize yourself at that 10% stretch. How does it feel in your body? Where do you feel resistance?*
- 4. Breathe into the resistance. Say: "It's safe for me to expand. I am allowed to hold more." Repeat this visualization daily. Your nervous system will adjust.*

Part 7: The Body Knows

Your body holds the truth of what your nervous system believes.
If you want to know where you're blocked, ask your body.

Body Scan Practice:

- 1. Sit quietly. Close your eyes.*
- 2. Think about the area you want to expand (money, love, success).*
- 3. Notice where tension, tightness, or discomfort shows up in your body.*
- 4. Place your hand there and ask: "What are you holding? What belief lives here?"*
- 5. Write down whatever comes, even if it doesn't make sense.*

Your body has been holding this belief for you. Thank it for protecting you.
Then tell it: "I'm safe now. You can let this go."

Part 8: Integration – Bringing It All Together

You've done powerful work in this workbook.

Here's what you now know:

- ✓ *Your nervous system has a set point for how much goodness it feels safe allowing*
- ✓ *Your subconscious beliefs were formed early and have been running your life*
- ✓ *You can reprogram those beliefs through awareness, repetition, regulation, and new evidence*
- ✓ *Your capacity expands gradually as your nervous system learns it's safe*

This is not one-and-done work. This is a practice.

A daily return to awareness, regulation, and expansion.

Your Next Steps

If this workbook has helped you recognize patterns you feel ready to meet more deeply, I invite you to continue this work with me.

When we work together, the focus is not on fixing or forcing change. It is on creating safety in the body, listening to what has been held, and allowing things to shift naturally.

Together, we create space to:

- *Gently release what your body has been carrying for a long time*
- *Soften the beliefs that have quietly limited your capacity*
- *Support your nervous system in feeling safe enough to receive more*
- *Reconnect with the life that feels true, aligned, and quietly calling you forward*

From that place, change becomes sustainable, and expansion begins to feel achievable and natural.

You don't have to do this alone.

I've spent years learning how the nervous system adapts, protects, and eventually opens when it feels safe. I understand how limiting beliefs can operate quietly beneath the surface, how to read energetic patterns and how gently things begin to shift when the body is met with care instead of force.

If deeper guidance feels supportive to you, I'm here.

Visit wizdomliving.com to:

- *Learn more about my work*
 - *Book a free discovery call*
 - *Explore services that support your expansion*
 - *Your nervous system led you here. Trust that.*
- Welcome home.*

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