

SHAKEN Deep Dive

QUICK COURSE GUIDE

Purpose: Go deeper into the six SHAKEN rooms without turning them into scores or diagnoses, then connect what you notice to a practical ZENYA response.

Complete the program

1	Watch the complete SHAKEN Deep Dive presentation.
2	Use the Participant Workbook as you move through the six SHAKEN rooms.
3	Complete the private reflection or practice for each room; pass is always allowed.
4	Notice connections among the rooms rather than trying to make every area equal.
5	Use the Activities & Handouts for the exercises you want to keep or revisit.
6	Finish with your SHAKEN House Note and one useful ZENYA response.

What counts as complete: Watch the presentation, use the workbook where helpful, participate in the core practices, and choose a real-life next step. Private reflection counts. Pass is a complete answer.

Keep Brewing: Save the workbook and any activity tools that are useful to you. Return to the Learning Library resources when you want a refresher.

S • SEXUAL HEALING

SHAKEN DEEP DIVE • PARTICIPANT EXPERIENCE

Self-understanding without required disclosure. Desire is not obligation. A boundary is not punishment. Privacy is not shame.

PERMISSION

What am I allowed to want, not want, question, enjoy, decline, or define for myself?

BOUNDARY

Where might I need a clearer YES / NO / NOT NOW / NOT LIKE THAT / I NEED TO THINK?

TRUTH

What do I know about myself that I keep minimizing, judging, or pretending is irrelevant?

ONE TINY ACT OF SELF-RESPECT I COULD CHOOSE

H • THE WHOLE-SELF NEGOTIATION

SHAKEN DEEP DIVE • PARTICIPANT EXPERIENCE

MIND SAYS

What I need most right now is...

BODY SAYS

What you keep ignoring about me is...

INNER LIFE SAYS

What has been missing is...

THE CONFLICT

Where are these needs pulling in different directions?

THE NEGOTIATION

One choice that respects more than one part of me

Whole-person wellness is not a longer checklist. Sometimes one ordinary choice can serve more than one part of you.

A • THE BELIEVABILITY LADDER

SHAKEN DEEP DIVE • PARTICIPANT EXPERIENCE

THE VERDICT

Harsh or limiting statement

THE OBSERVATION

What happened without making it my identity

THE POSSIBILITY

What might be possible from here

THE BELIEVABLE AFFIRMATION

What can I actually stand behind?

MY THREE-LEVEL PHRASE SET

CALM DAY

HARD DAY

WHEN AFFIRMATIONS ANNOY ME

K • THE REALITY FILTER

SHAKEN DEEP DIVE • PARTICIPANT EXPERIENCE

THE SITUATION

FACT

What do I actually know?

STORY

What am I adding, predicting, or assuming?

PERFORMANCE

What am I saying because it sounds acceptable, strong, spiritual, positive, or 'fine'?

TRUTH

What remains when I stop performing AND stop attacking myself?

ACTION • BOUNDARY • CONVERSATION • REST • INFORMATION • ACKNOWLEDGMENT

THE MOST HONEST THING I CAN SAY WITHOUT BEING CRUEL TO MYSELF

E • THE 10-COIN ENERGY BUDGET

SHAKEN DEEP DIVE • PARTICIPANT EXPERIENCE

Capacity is information - not character. Spend 10 coins on a real upcoming day.

AREA	COINS	WHY?
Required tasks / responsibilities		
People / interactions		
Movement		
Food / preparation		
Transitions / travel		
Emotional labor		
Rest / recovery		
Something that makes life feel like mine		

PLOT TWIST: -3 COINS. Redesign - do not borrow imaginary energy.

N • GROUNDED vs. PERFORMING

SHAKEN DEEP DIVE • PARTICIPANT EXPERIENCE

Sort ordinary parts of your life - places, people, routines, roles, clothes, hobbies, work, online spaces, expectations.

GROUNDED	PERFORMING	UNCLEAR

ONE GROUNDING ACTION

Physical world, senses, weather, air, soil, water, stillness

ONE AUTHENTICITY ACTION

A choice or non-performance that feels more like me

THE SHAKEN HOUSE MEETING

SHAKEN DEEP DIVE • PARTICIPANT EXPERIENCE

WHICH ROOM HAS GOTTEN LOUDER SINCE I BEGAN?

WHICH ROOM WAS NOT THE PROBLEM I THOUGHT IT WAS?

WHICH TWO ROOMS ARE CONNECTED IN A WAY I HAD NOT NOTICED?

WHICH ROOM NEEDS TENDING?

WHICH ROOM NEEDS PROTECTING?

WHICH ROOM CAN I SIMPLY ENJOY?

Balance does not mean every room gets equal attention.

MY SHAKEN HOUSE NOTE

SHAKEN DEEP DIVE • TAKE-HOME CARD

TEND

The room asking for care

PROTECT

The room needing a boundary or resource

ENJOY

The room I do not need to fix

RESPOND

One ZENYA-sized action

SHAKEN tells me where to look. ZENYA helps me do something about it.

NOTICE → KEEP IT REAL → CHOOSE A ZENYA RESPONSE → EXPERIMENT → NOTICE AGAIN