

The Immune Bucket & Regulation Worksheet

Client Name: _____ Date: _____

Section 1: Identifying the "Drops" (Current Load)

The immune system doesn't "attack" without reason; it overreacts when the bucket is too full. Let's identify what is currently filling your bucket.

Check all that apply to your current experience: - [] **Physical Stressors:** (e.g., Recent illness/virus, lingering infections, gut issues/bloating) - [] **Environmental Load:** (e.g., Mold exposure, heavy fragrance use, high pollen/allergens) - [] **Dietary Triggers:** (e.g., High sugar intake, processed foods, known sensitivities like gluten) - [] **Lifestyle Pressure:** (e.g., Less than 7 hours of sleep, high-stress job, over-exercising) - [] **Emotional Weight:** (e.g., Fear of being "broken," anxiety about symptoms, grief)

Top 3 "Heavy Drops" (What feels most burdensome right now?): 1. _____ 2. _____
3. _____

Section 2: Checking the "Drain" (Regulatory Support)

To stop the overflow (symptoms), we must open the "drain" by supporting your T-regulatory cells and the Vagus nerve.

Regulation Category	Current Frequency (1-5)	Notes (What's working/What's not?)
Deep Sleep (7-9 hours)	[] [] [] [] []	
Vagus Nerve Support (Gargling, humming, breathwork)	[] [] [] [] []	
Nervous System "Calm" (Meditation, forest bathing, slow walking)	[] [] [] [] []	
Hydration & Lymphatics (Movement, water, dry brushing)	[] [] [] [] []	

Section 3: The "Calm, Not Boost" Audit

In autoimmunity, your immune system is already "strong"—it's just hyper-vigilant. We want to invite it to tea, not send it to war.

Current Supplements/Herbs: _____ Review with your coach: Are these "boosting" (stimulating) or "regulating" (calming)?

The "Shift" Reflection: Instead of saying "My body is attacking me," try saying: "**My immune system is doing its best to protect me from a full bucket.**"

How does that shift feel in your body?

Next Steps:

1. **One "Drop" to Remove this week:** _____
 2. **One way to open the "Drain" daily:** _____
 3. **Daily Affirmation:** "*I am working in partnership with my body to find balance.*"
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