

A WORKBOOK BY CARRIE DAVIDSON

THE
*Conscious
Creation*
WORKBOOK

Find your flow. Break the loop. Build an intentional life.

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RN · TRAUMA RECOVERY COACH

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The Conscious Creation Workbook

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A GENTLE NOTE

Before You Begin

This workbook can surface strong feelings. That is not a sign something is wrong, it is a sign the work is landing. If anything feels too large to hold alone, please reach out to someone you trust before continuing.

CRISIS RESOURCES

988 Suicide & Crisis Lifeline, call or text 988

741741 Crisis Text Line, text HOME to 741741

1-800-662-4357 SAMHSA Helpline, free, confidential, 24/7

My therapist or support person, and how to reach them:

A trusted person I can call if I need to step away:

My first regulation step if I feel overwhelmed:

A NOTE ON THIS FRAMEWORK

Conscious Creation is my synthesis.

What you are about to work through is not a method I discovered. It is an integration of established practices from the fields I have spent the last decade inside, both as a CPTSD survivor and as a registered nurse. Specifically, this workbook draws from:

- **Polyvagal theory**, the three-state nervous system model developed by Stephen Porges and made accessible through the work of Deb Dana.
- **Internal Family Systems**, developed by Richard Schwartz, which gives us the language of witnessing parts of ourselves without becoming them.
- **Dialectical Behavior Therapy**, developed by Marsha Linehan, particularly the distress tolerance and emotion regulation skills behind the activation protocol in Part Three.
- **Flow research**, originating with Mihaly Csikszentmihalyi and extended by Steven Kotler, establishing creative flow states as neurologically distinct from rumination.
- **Complex PTSD recovery work**, particularly Pete Walker, Bessel van der Kolk, and Stephanie Foo.

What is mine, in this workbook, is the integration. The five-stage progression. The emphasis on creative flow as a daily regulation practice for trauma survivors. The specific exercises and prompts. The language. The order. The voice that holds it together.

I am a registered nurse and a CPTSD survivor. I am not a licensed therapist, a researcher, or a clinician in any specialized trauma field. What I am is someone who has done extensive personal recovery and clinical work, read widely and carefully, and organized what worked into a structure I believe will be useful for others who recognize themselves in these patterns.

This is not a substitute for therapy. It is a companion to the work you are already doing, or are getting ready to begin.

ORIENTATION

How to Use This Workbook

FLOW NOTE

The creative flow exercises woven throughout are the heart of this workbook. They are not optional extras. They are the mechanism.

This workbook is built around the Conscious Creation Method, known on my website as **ARC: Awareness, Regulation, Creation**. Here, those three stages open into five movements, moving you from unconscious repetition to intentional creation. You need no prior knowledge of trauma or neuroscience. Move at your own pace. There is no timeline.

ONE

Witness

The nervous system, the somatic check-in, mapping your baseline. First creative flow discovery.

TWO

Understand

The first map, the loop, where it came from. Connecting your origin story to your creative self.

THREE

Interrupt

The activation protocol, the pause, regulation tools. Creative flow as a daily regulation practice.

FOUR

Create

Finding your flow in depth. The discovery questions. Daily creative practice. Conscious language. Gratitude.

FIVE

Build the Intentional Life

Security. Daily check-in. Letter to your future self.

THE SHAPE OF THE WORK

One word to remember: *ARC*.

A

Awareness. See the pattern.

The work of Witness and Understand, the first two parts.

R

Regulation. Build the pause.

The work of Interrupt, the third part.

C

Creation. Make something new.

The work of Create and Build the Intentional Life, the final two parts.

FELT FROM THE INSIDE

Pattern, Pause, Choice, Creation. Awareness reveals the pattern. Regulation creates the pause. Inside that pause, choice becomes possible. And choice is how creation begins.

You are not broken. You are patterned. And patterns can change.

CONTENTS

Table of Contents

PART ONE · WITNESS

Making the unconscious conscious

- EX 1.1 · The Somatic Check-In, Your Daily Foundation
- EX 1.2 · Mapping Your Nervous System Baseline
- EX 1.3 · Identifying Your Primary Stress Response
- Your First Creative Flow Discovery

PART TWO · UNDERSTAND

The mechanism underneath the pattern

- EX 2.1 · The Somatic Check-In
- EX 2.2 · The Chain in Your Life
- EX 2.3 · The First Map
- EX 2.4 · Tracing the Origin
- Flow Discovery · Part Two

PART THREE · INTERRUPT

Building the pause between trigger and response

- EX 3.1 · The Somatic Check-In
- EX 3.2 · The Activation Protocol
- EX 3.3 · Building Your Personal Regulation Toolkit
- EX 3.4 · Creative Flow as a Daily Regulation Practice

PART FOUR · CREATE

Finding your flow and rebuilding something new

- EX 4.1 · The Somatic Check-In
- EX 4.2 · The Full Creative Flow Discovery
- EX 4.3 · What Creative Flow Is NOT
- EX 4.4 · Conscious Language Practice
- EX 4.5 · The Gratitude Practice

PART FIVE · BUILD THE INTENTIONAL LIFE

Choosing the new pattern, one day at a time

- EX 5.1 · The Somatic Check-In
- EX 5.2 · Gathering Evidence for the Corrected Map
- EX 5.3 · Writing the Corrected Map
- EX 5.4 · Boundaries as Conscious Creation
- EX 5.5 · Your Daily Conscious Creation Practice
- EX 5.6 · Weekly Reflection
- EX 5.7 · A Letter to Your Future Self

PART ONE · THE AWARENESS STAGE

Witness

Making the unconscious conscious

"You cannot change what you cannot see. The first work is not fixing, it is simply turning toward."

CARRIE DAVIDSON

The Conscious Creation Method begins not with action but with Awareness, the A in ARC. Before you can choose differently, you need to see what you are currently choosing, automatically, below the level of conscious thought, from a blueprint installed before you had any say in it. This section introduces the somatic check-in, a practice you will return to at the start of every section.

YOUR NERVOUS SYSTEM, A SIMPLE MAP

Your nervous system processes information faster than conscious thought. It moves through three basic states.

Safe & Social

Calm, connected, curious, present. Able to think clearly and tolerate difficulty.

Fight or Flight

Activated, anxious, braced, scanning. Heart racing, difficult to think clearly.

Collapse & Freeze

Shut down, numb, heavy, disconnected. Often mistaken for laziness or depression.

People who have experienced chronic stress or early unsafety often spend most of their time in the second or third state, with limited access to the first. The Conscious Creation Method is a path back, not by forcing calm, but by slowly teaching your nervous system that safety is possible, available, and survivable.

EX 1.1

The Somatic Check-In · Your Daily Foundation

A note before you write. Return to this exercise at the start of every section. Your body is not separate from this work. It is the work.

Find a comfortable position. Take three slow breaths. Move your attention through your body from head to feet. Notice without judgment, you are just taking inventory.

Where do I feel sensation right now?

Activation level

1 2 3 4 5 6 7 8 9 10

Nervous system state, circle one:

Safe & Social Fight-Flight Collapse

Quality of the sensation, circle any:

Buzzing Heavy Tight Numb Hollow Scattered Foggy Steady
Open Light Warm Expansive Grounded Alive

IF WHAT YOU NOTICED WAS PLEASANT OR POSITIVE

Pause here. Let yourself stay with it for a moment. Notice where in your body you feel it. Let it be real. Positive states are data too, your nervous system needs evidence that they exist.

What does my body most need right now?

EX 1.2

Mapping Your Nervous System Baseline

Think about an ordinary day, not a hard one, not a great one. Just a regular Tuesday.

My shoulders are usually:

Relaxed

Slightly tense

Significantly tense

Braced

My jaw is usually:

Loose

Slightly clenched

Significantly clenched

My stomach usually feels:

Settled

Mildly uneasy

Persistently uneasy

Knotted

Quiet feels:

Restful

Slightly uncomfortable

Suspicious

Unbearable

What does my baseline tell me my nervous system learned to expect?

If my baseline were a weather report, what would it say?

EX 1.3

Identifying Your Primary Stress Response

We all have a primary response, a pattern your nervous system developed to keep you safe. Rate each one honestly, 1 to 5.

Fight

Control, anger, directness, needing to be right, difficulty letting go.

1 2 3 4 5

Flight

Busyness, moving on, difficulty being still, always seeking the next thing.

1 2 3 4 5

Freeze

Going blank, numbness, disconnection, difficulty knowing what you feel or want.

1 2 3 4 5

Fawn

People-pleasing, saying yes when you mean no, putting others' needs first.

1 2 3 4 5

Where does my primary response show up most clearly in my daily life?

YOUR FIRST CREATIVE FLOW DISCOVERY

FLOW NOTE

This is the first of several flow discovery exercises woven through this workbook. Each goes a little deeper. This first one is just an introduction, a first question.

Creative flow is the state your nervous system enters when you are so absorbed in something that self-consciousness drops, the inner critic goes quiet, and time disappears. For trauma survivors, this state is one of the most powerful regulation tools available, because it interrupts the loop at the neurological level.

THE FIRST DISCOVERY QUESTION

When was the last time you lost track of time? What were you doing? Write the first thing that comes, not the answer you think you should give.

CLOSING REFLECTION

Return to the somatic check-in. Notice what has shifted since you began this section.

What is one thing your nervous system has been doing for years that, now that you can see it, you can finally offer some compassion to?

PART TWO · THE AWARENESS STAGE, CONTINUED

Understand

The mechanism underneath the pattern

"A thought becomes a word. A word becomes an action. An action, repeated, becomes a pattern. A pattern becomes a life that confirms the first thought. And the loop runs, quietly, automatically, until something interrupts it."

CARRIE DAVIDSON

Understanding the loop is not the same as breaking it. But it is the necessary first step, because you cannot interrupt a pattern you haven't yet been able to see clearly. This section helps you trace your loop back to its origin, understand why it made sense when it was installed, and begin to separate the pattern from your identity.

EX 2.1

The Somatic Check-In

Return to Exercise 1.1 before continuing. Notice where you are before you begin to look back.

EX 2.2

The Chain in Your Life

Think of a pattern in your life that keeps repeating, in relationships, at work, or in your relationship with yourself.

Describe the pattern in one or two sentences:

Now trace it back through the chain:

The thought that usually starts it (the automatic belief underneath):

The word or story that thought becomes:

The action that follows:

The pattern it creates:

How old were you when you first learned this thought was true?

EX 2.3

The First Map

Write the first thing that comes, not the answer you think you should give, but the one that lives in your body.

Love means:

When I need something, people:

Safety feels like:

I am worthy of love when:

People always eventually:

When things go wrong, I am:

The most dangerous thing I could do:

I don't deserve:

Which belief has caused the most damage? How old were you when you learned it?

EX 2.4

Tracing the Origin

The loop didn't begin with you. It began in an environment that taught your nervous system what to expect.

Earliest memory of feeling unsafe, overwhelmed, or like you had to manage something alone:

What decision did you make in that moment, about yourself, about others, about the world?

How has that decision shown up in your adult life?

THE COMPASSION PRACTICE

The pattern is not evidence that something is wrong with you. It is evidence that something happened to you, and that your nervous system is extraordinarily good at its job.

FLOW DISCOVERY · PART TWO

FLOW NOTE

The creative self that existed before the loop began is still there. It went underground. This exercise starts to find it.

THE SECOND DISCOVERY QUESTION

What did you love to do as a child, before anyone told you it wasn't practical, wasn't impressive, or wasn't enough? What made you lose yourself completely?

Is any version of that thing still available to you now? What would it look like to return to it?

CLOSING REFLECTION

What would it mean to understand your loop, really understand it, not as a character flaw but as an intelligent adaptation that has simply outlived its original purpose?

PART THREE · THE REGULATION STAGE

Interrupt

Building the pause between trigger and response

*"The pause between trigger and response is where everything changes.
Not a dramatic rewrite. Not a personality transplant. Just the pause.
The space where a different choice becomes possible."*

CARRIE DAVIDSON

Interrupting the loop does not require willpower. It requires a pause, a small gap between the automatic thought and the automatic action. That gap, practiced consistently, is Regulation, the R in ARC, and it becomes the space where Conscious Creation begins.

EX 3.1

The Somatic Check-In

Complete the check-in from Exercise 1.1 before continuing.

EX 3.2

The Activation Protocol

This is the most important practical tool in this workbook. Learn it before you need it. It needs to live in your body, not just your head.

1

Name it

When you feel your body begin to activate, say to yourself: *I am activated*. Not I am angry. Not I am overreacting. Just: I am activated. This locates the experience in the nervous system rather than in a character flaw.

2

Regulate the body

Do one: hold something cold for 30 seconds · splash cold water on your face · take 5 slow breaths with a longer exhale · step outside and feel your feet on the ground · move your body vigorously for 60 seconds.

3

Wait 30 minutes

Do not re-engage with the situation for 30 minutes. Set a timer. Before 30 minutes, your thinking brain is still partially offline. After, you have access to choice again.

PRACTICE LOG · ONE WEEK

Trigger / Tool used / What I wanted to do / What I actually did

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

EX 3.3

Building Your Personal Regulation Toolkit

Everyone's toolkit is different. The goal is to know yours before activation peaks.

Rate each tool honestly.

Cold water / ice

Yes

Sometimes

No

Vigorous movement

Yes

Sometimes

No

Slow breathing

Yes

Sometimes

No

Being in nature

Yes

Sometimes

No

Music

Yes

Sometimes

No

Creative activity (your specific flow)

Yes

Sometimes

No

Being near someone safe

Yes

Sometimes

No

My top 3 regulation tools, in order:

The tool I always reach for first but probably shouldn't:

EX 3.4

Creative Flow as a Daily Regulation Practice

FLOW NOTE

This is where the creative flow work becomes practical. Not creative flow as a luxury, as a regulation tool. Something you use daily, the way you brush your teeth.

When you enter creative flow, your brain shifts out of the default mode network, the part responsible for rumination, self-criticism, and the automatic loop, into a state of focused absorption. Cortisol drops. The inner critic goes quiet. The nervous system gets a break from its own noise.

The creative flow activity I identified in Parts One and Two:

When in my day could I realistically do this for 20–30 minutes?

What usually gets in the way of me doing it?

What would I need to protect this time?

DAILY FLOW PRACTICE LOG · ONE WEEK

Activity / Duration / How I felt before and after

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

CLOSING REFLECTION

Where in your daily life is the pause most available to you, and what would it mean to use it?

PART FOUR · THE CREATION STAGE

Create

Finding your flow and building something new

"Creativity is the opposite of stuck trauma. Not because making things is magical, because the state of making something is neurologically incompatible with the loop."

CARRIE DAVIDSON

This is the heart of the Conscious Creation Method, the C in ARC, where the pause you built becomes a choice and the choice becomes something new. Everything before this was preparation. This section is where you find the specific, personal, unreplicable state that interrupts your loop at the source. And then you build it into a life.

EX 4.1

The Somatic Check-In

Complete the check-in from Exercise 1.1 before continuing.

EX 4.2

The Full Creative Flow Discovery

Take your time. These three questions together reveal your creative self, the one that was there before the loop installed its operating system. There are no wrong answers.

QUESTION ONE · THE LOST TIME QUESTION

When was the last time you lost track of time completely? What were you doing? Describe it in as much detail as you can.

QUESTION TWO · THE TRUE SELF QUESTION

What activity makes you feel most like yourself, not performing yourself, but actually being yourself? When do you feel most real?

QUESTION THREE · THE CHILDHOOD QUESTION

What did you love to do as a child, before anyone told you it wasn't enough? What did you make, build, imagine, or create before the world had opinions about it?

Looking at your three answers, what theme do you notice? What state were you in across all three?

Your creative flow, in your own words:

EX 4.3

What Creative Flow Is NOT

Many people dismiss their flow activity because it doesn't seem impressive enough. This exercise is for that. Creative flow is not:

- Exclusively artistic (it can be cooking, organizing, running, solving problems, deep conversation).
- Something you have to be good at to experience it.
- Something that has to produce a visible result.
- A luxury or reward for when the important things are done.
- The same for everyone.

Have you been dismissing your flow activity as 'not good enough'? What did you tell yourself about it?

What would change if you treated your creative flow as medicine, as important as sleep or food?

EX 4.4

Conscious Language Practice

Thoughts become words. Words create the atmosphere you live inside.

Conscious language is the practice of noticing the words you use automatically, and choosing more accurate ones.

Three things you say about yourself regularly that came from the first map:

Now rewrite each one, not as a forced affirmation, but as a more accurate description:

OLD LANGUAGE 1 → MORE ACCURATE

OLD LANGUAGE 2 → MORE ACCURATE

OLD LANGUAGE 3 → MORE ACCURATE

EX 4.5

The Gratitude Practice · Noticing What Is Real

This is not toxic positivity. This is a deliberate act of noticing, choosing where to put your attention, which is the most fundamental act of Conscious Creation.

Gratitude rewires the brain's default negativity bias over time. Not by denying what is hard, but by actively noticing what is also real and good alongside it.

DAILY GRATITUDE PRACTICE · ONE WEEK

Three things: one from your body, one from your relationships, one from your creative flow.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

CLOSING REFLECTION

What does your creative flow give you that nothing else quite gives you? And what would your life look like if you treated it as non-negotiable?

PART FIVE · THE CREATION STAGE, CONTINUED

Build the Intentional Life

Choosing the new pattern, one day at a time

"Healing is not linear. It is not a destination. It arrives in accumulations so small you sometimes can't see them until you turn around and realize how far you've traveled."

CARRIE DAVIDSON

This final stage is not an endpoint. It is a practice, the daily, unglamorous, deeply worthwhile work of choosing Conscious Creation over and over again, long enough that the new pattern becomes as automatic as the old one was. Not perfect. Not finished. Just sustained.

EX 5.1

The Somatic Check-In

Notice how different this check-in feels from the first time you did it. That difference is the work.

EX 5.2

Gathering Evidence for the Corrected Map

The corrected map is built on actual, lived, embodied experiences that contradict the first map.
Not affirmations, evidence.

A time someone showed up consistently without eventually leaving:

A time I was fully myself with someone and was not rejected:

A time I asked for what I needed and it was given:

A time safety turned out to be real rather than a setup:

A time I survived conflict without it destroying the relationship:

A time I was loved on a bad day, not just a good one:

What would it mean to give these experiences equal weight to the ones that confirmed the first map?

EX 5.3

Writing the Corrected Map

Rewrite each belief as the direction you are choosing to move in, not a finished truth, but an intention.

ORIGINAL

Love means:

CORRECTED · LOVE CAN ALSO MEAN:

ORIGINAL

People always eventually:

CORRECTED · PEOPLE ARE ALSO CAPABLE OF:

ORIGINAL

I am worthy of love when:

CORRECTED · I AM WORTHY OF LOVE:

ORIGINAL

Safety feels like:

CORRECTED · SAFETY CAN ALSO FEEL LIKE:

ORIGINAL

I don't deserve:

CORRECTED · I AM LEARNING TO BELIEVE I DESERVE:

EX 5.4

Boundaries as Conscious Creation

A boundary is not a wall or a punishment. It is information, about what you need in order to stay present, regulated, and genuine in a relationship. Healthy boundaries protect connection rather than end it.

The situations where I most struggle to hold a limit:

What I am afraid will happen if I set a limit:

The first limit I need to practice, and what I would say:

BOUNDARY LANGUAGE TO PRACTICE

"I'm not available for that." · "That doesn't work for me." · "I need some time before I can respond." · "I care about you and I'm not able to do this right now."

EX 5.5

Your Daily Conscious Creation Practice

This is the daily structure. It takes less than five minutes. The consistency matters more than the depth of any single entry.

MORNING

State (circle):

Safe

Fight-Flight

Collapse

Creative flow today, when and what:

One conscious language choice:

One thing I'm grateful for:

EVENING

A moment the old loop fired:

A moment I interrupted the loop:

What my creative flow gave me:

One real and good thing, even on a hard day:

EX 5.6

Weekly Reflection

The moment this week I felt most like myself:

A moment I interrupted the loop, what I did differently:

One pattern from the first map I noticed this week:

One moment of genuine safety or connection:

What my creative flow gave me this week:

One thing I want to do more of next week:

EX 5.7

A Letter to Your Future Self

Write to the version of yourself who kept going. The one who chose herself, imperfectly and repeatedly, over a long period of time.

Dear future me,

CLOSING REFLECTION

What is one thing you now know about yourself that you did not know when you opened this workbook? And what becomes possible now that you know it?

A FINAL NOTE FROM CARRIE

You came back.

You made it to the end of this workbook. That is not a small thing.

Conscious Creation is not something you achieve. It is something you practice, daily, imperfectly, against the resistance of a nervous system that spent years learning to do things differently. Some days the loop fires and you catch it. Some days it fires and you don't. Both of those days are the work.

What you are building, one exercise, one check-in, one creative flow session, one refused self-abandonment at a time, is a life that is actually yours. Not the one installed before you had any say. The one you are consciously choosing.

The creative self that went underground when the loop got loud is not gone. It has been here the whole time, waiting for you to come back for it.

You came back. That is everything. Pick up the pen. You are not finished yet. Neither am I.

Carrie

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You are not broken. You are patterned. And patterns can change.

ABOUT CARRIE

I'm a registered nurse and a CPTSD survivor. I built this workbook from the inside out, from what worked for me over a decade of recovery and clinical practice, and from what I've watched work for the people I've sat with since.

I am not a licensed therapist, a researcher, or a clinician in any specialized trauma field. What I am is someone who has done the work in her body, read widely and carefully, and organized what helped into a structure I believe will be useful for others who recognize themselves in the patterns this workbook describes.

This is the workbook I wish I had been handed years ago.

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