

Conflict and your nervous system



The more I work with the nervous system and witness how our incredible bodies respond, the more I see how deeply our emotions are wired into our biology.

Let's talk about something we all face but rarely navigate with ease: **conflict**.

Whether it's a disagreement, a raised voice, or a moment where you just shut down, these experiences are part of being human.

Yet, what matters most isn't always the argument itself—it's what happens *after*.

That quiet space when the dust settles.

When you replay the words.

When your heart still races and your mind starts filling in the blanks.

"This will never change."

"They don't care."

"I'm too much."

"I shouldn't have said that."

"I'm wasting my time"

Your nervous system is trying to make sense of what just happened. It's searching for safety, but in doing so, it can start creating stories—stories that might not be true but *feel*

true, leaving you feeling alone inside a narrative that keeps building wall. And if we don't catch them, it's the moment where you can spiral into old patterns and turn momentary pain into lasting hurt.

But what if you choose to meet yourself differently?

Before the stories take hold and hardens into hopelessness, pause.
Find a mirror or a quiet space, take a breath, and remind yourself of these truths:

- I feel unsettled because I care. That's not weakness—that's love.
- Their behaviour isn't a measure of my worth: I am already enough.
- This discomfort is my body remembering the past, but this is a new moment—I can choose how to meet it.
- Connection is a two-person practice, I can take responsibility for my part without carrying theirs.
 - I don't need to know the future to be okay right now.
- Repair is still possible; one failed conversation is not the whole story.

Tend to your inner storm with compassion.
Let your nervous system know that you're safe, that you're listening, and that you're learning.

*With time, you'll find that the softness you long for in communication
grows from within.*

As your stories shift, so does your voice—steadier, kinder, and more open.
And in that shift, you'll change not only how you speak, but how you listen.
And ultimately, how you love.

With love,

Marni