

Toolkit Sections & Contents

1. Quick Nervous System Check-In

Know your state before you trade.

- What's my heart rate right now?
- Am I breathing shallow or deep?
- On a scale from 1–10, how regulated do I feel?
- Am I making this decision from urgency, emotion, or clarity?

☒ *Includes:* Polyvagal-inspired regulation scale (safe/calm → fight/flight → freeze/shutdown)

2. Crypto Emotional Inventory

Identify your unconscious emotional drivers.

Circle or check any that apply right now:

- ☐ Fear of missing out
- ☐ Fear of losing it all
- ☐ Pressure to prove yourself
- ☐ Regret from past decisions
- ☐ Hope for redemption
- ☐ Desire for control
- ☐ Escaping other life stressors
- ☐ Emotional numbness or detachment

Reflect:

- What emotional need am I trying to meet with this trade or decision?
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3. Emotional Stop-Loss Plan

Protect your energy, not just your capital.

Complete your personal plan:

- If I notice myself _____, I will pause and regulate before re-engaging.
 - (e.g., skipping meals, obsessively refreshing, losing sleep)
 - My 24-hour emergency exit ritual is:
 - (e.g., turn off device, take walk, call X, journal, breathwork)
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4. Mental Market Map

Red or green, stay regulated.

Emotion Trigger	What It Might Really Mean	What To Do Instead
FOMO spike	I'm afraid I'll be left behind	Pause + do a breath cycle
Panic sell instinct	I don't trust myself to recover	Step away for 20 minutes
Doomscrolling	I'm trying to feel control	Take 3-minute nervous system reset
Chart obsession	I'm avoiding something emotional	Journaling or movement instead

5. Your Nervous System Investing Profile

Are you a Reactor, Observer, or Regulator?

Instructions: Read each statement and check the ones that resonate most with you.

Reactor:

- ☐ I often buy or sell impulsively
- ☐ I check prices compulsively
- ☐ I feel regret or shame after trading
- ☐ I've lost sleep, skipped meals, or hurt relationships due to crypto

Observer:

- ☐ I often hesitate and miss moves
- ☐ I scroll more than I act
- ☐ I feel anxious I'll "get it wrong"
- ☐ I analyze emotionally, not just logically

Regulator:

- ☐ I trade only when my body feels calm
- ☐ I take breaks from the market without fear
- ☐ I use breathwork, community, or journaling regularly
- ☐ I value long-term emotional and financial stability equally

Most people are a mix—but your goal is to shift toward Regulator.

5 Regulation Rituals for Volatile Markets

Use these during emotional spikes.

-  **Box Breathing** (Inhale 4, Hold 4, Exhale 4, Hold 4) – Do 4 rounds
 -  **"Why Now?" Prompt** – Journal: What is this emotion trying to protect me from?
 -  **Cold Water Reset** – Splash face or hold cold pack for 30 seconds
 -  **Chart Detox Window** – Set 3 hours where you don't check
 -  **Regulation Partner** – Call/text someone who helps you anchor
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Crypto Clarity Commitment

Sign it, post it, live it.

“I commit to investing from clarity, not chaos.

I am allowed to pause, regulate, and reset before I act.

My nervous system matters as much as my portfolio.

I am not my gains or losses—I am the one navigating them.”

 Signature: _____

 Date: _____

Resources + Invitation

- Join the Bitcoin Mental Health™ movement
- Schedule a 1:1 Crypto Mind Coaching Session
- Read the full article: *Crypto Is a Nervous System Story*
- Download more tools: ChristineWalterCoaching.com/resources