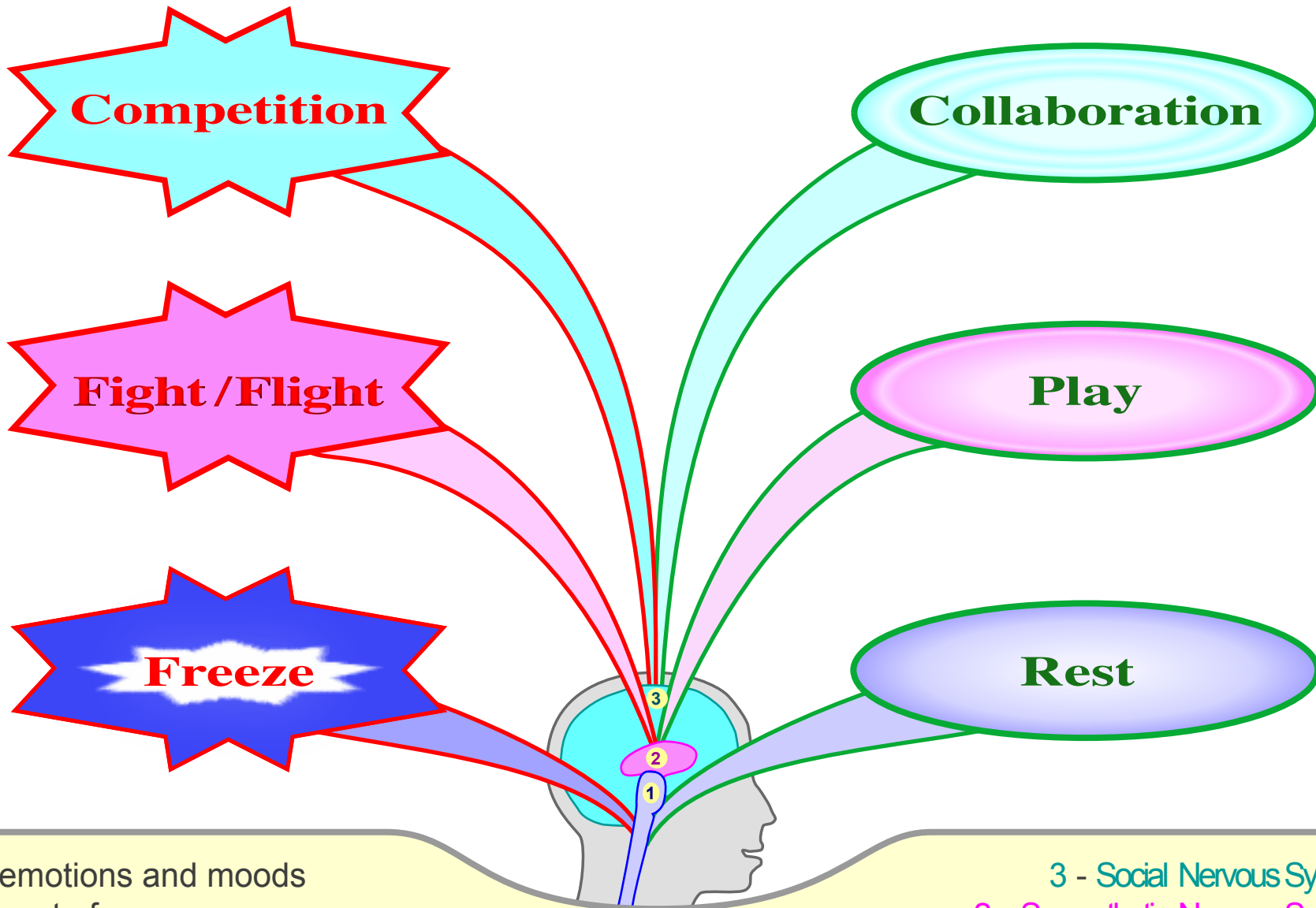


Threat
3 Responses



Safety
3 Responses



Our emotions and moods arise out of our responses to threat and safety.

3 - Social Nervous System
2 - Sympathetic Nervous System
1 - Parasympathetic Nervous System

Intense + Demanding

Defensive, Protective, Closed

6 Core States - Notes

Mellow + Restorative

Resourced, Responsive, Open



Competition

Communication for Survival

Looks Like: Us or Me Against Them or It
Social Strategies for Competition + War

Feels Like: *In This Together, or Social Striving for Power/Status*

Healthy: Tuned for Communication, Competitive, Responsible
Depending on the "Team", Competent to Protect Self and Others

* **Stuck:** Driven by \$, Status, Power + Relationship
Struggles Greed, Compulsive Competition, Workaholism, Codependence



Collaboration

Cooperative:

"Cooperative Attunement"

Communication, Learning Language,
Creativity, Problem Solving, Socializing

Feels Like: *Safe, Welcoming and Securely Connected,*

Healthy: Cooperative, Inspiration in Relationships, Creative
Clear, Big, Thinking, Competent to Take Things On

Inclusive, Welcoming, Supported, Understood, Hopeful

Stuck: Cannot be alone, Cannot self motivate



Fight/Flight

Fight or Flight

Looks Like: Strong Defensive Reactions
Save Yourself, Hypervigilance
Compulsive Physical Competition

Feels Like: *Scared, Angry*

Healthy: Determined to Survive Competing for Survival,

Stuck: Panicky, Anxious, Desperate, Alone, Vulnerable

Unbidden Defensiveness, Hypervigilance

Rigid All or Nothing Reactions



Play

Active: Tend + Befriend,
"Happy Puppy"

Exploratory Orienting, Grooming
Behavior, Sex, Emotional Awareness,
Bonding in Relationship

Feels Like: *Safe to Play, Express or Explore*

Healthy: *Included-Part of the Herd, Loving, Glad, Sad, Curious,*
Playful, Trusting, Sensual, Intimate, Appreciative of Life and Others

Stuck: Addicted to pleasure, May use drugs to access it



Freeze

Freeze, Hide, Dissociate

"The Trauma Cave"

Looks Like: Bracing, Shut Down
Dissociation, Immobility

Feels Like: *Numb, Depressed, Disconnected*

Healthy: Hidden, Mercifully Dissociated

Stuck: Frozen, Braced, Hopeless, Helpless, Hard to Think, Ashamed,
Desperate, Worthless, Needy, Fuzzy, Foggy, Spinning, Toxic to Others,
Disruption of digestion, immunity, sleep + cardiovascular systems



Rest

Vegetative:

Rest, Digest + Recover

Digestion, Temperature, Sleep,
Immune Function, Wound Healing

Feels Like: *Safe to Rest*

Healthy: At Ease, Calm, Meditative, Able to let go, Sleep, Recover
Basic systems well regulated: Digestion, Immune,

Sleep, Cardiovascular and Inflammatory Systems

Stuck: Unable to wake up, get going, take initiative

* In Western culture, we recognize (and stigmatize) people who get stuck in fight/flight and freeze states (like anxiety, panic, rage, depression and dissociation). We fail to recognize compulsive competition (greed, workaholism, addiction to power) as a destructive threat response, that is a hazard to both the individual and our society.