

Flexible

# Social Engagement



Safe

Curious

Joyful

Focused

Calm

Interested

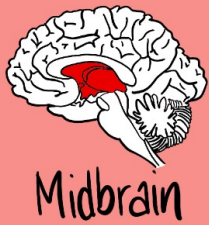
Mindful

Playful

Happy

Creative

-Trigger-



# Flight & Fight



move away from threat

move towards threat

Panicked

Fearful

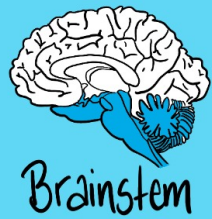
Nervous

Worried

Frustrated

Furious

Angry



Depressed

# Freeze

collapse / immobilize from threat

Shameful

Trapped

Stuck

Sad

shut down

Helpless