



Flexible   
 Curious

# Social Engagement

Joyful

Focused



Safe

Empathetic

Calm

Interested

Mindful

Playful

Happy

Creative

- Trigger -



# Flight & Fight

move away from threat

move towards threat

Panicked

Fearful

Nervous

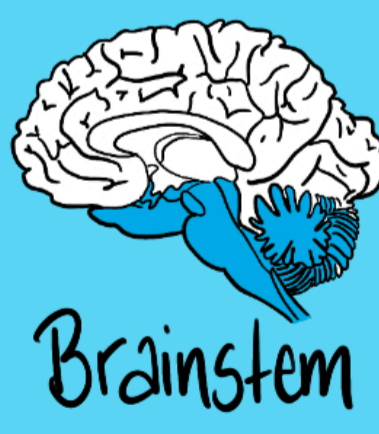
Worried

Frustrated

Furious

Angry

Anxious



Depressed



# Freeze

collapse / immobilize from threat

Shameful

Trapped

Stuck

Sad

Shut down

Helpless

