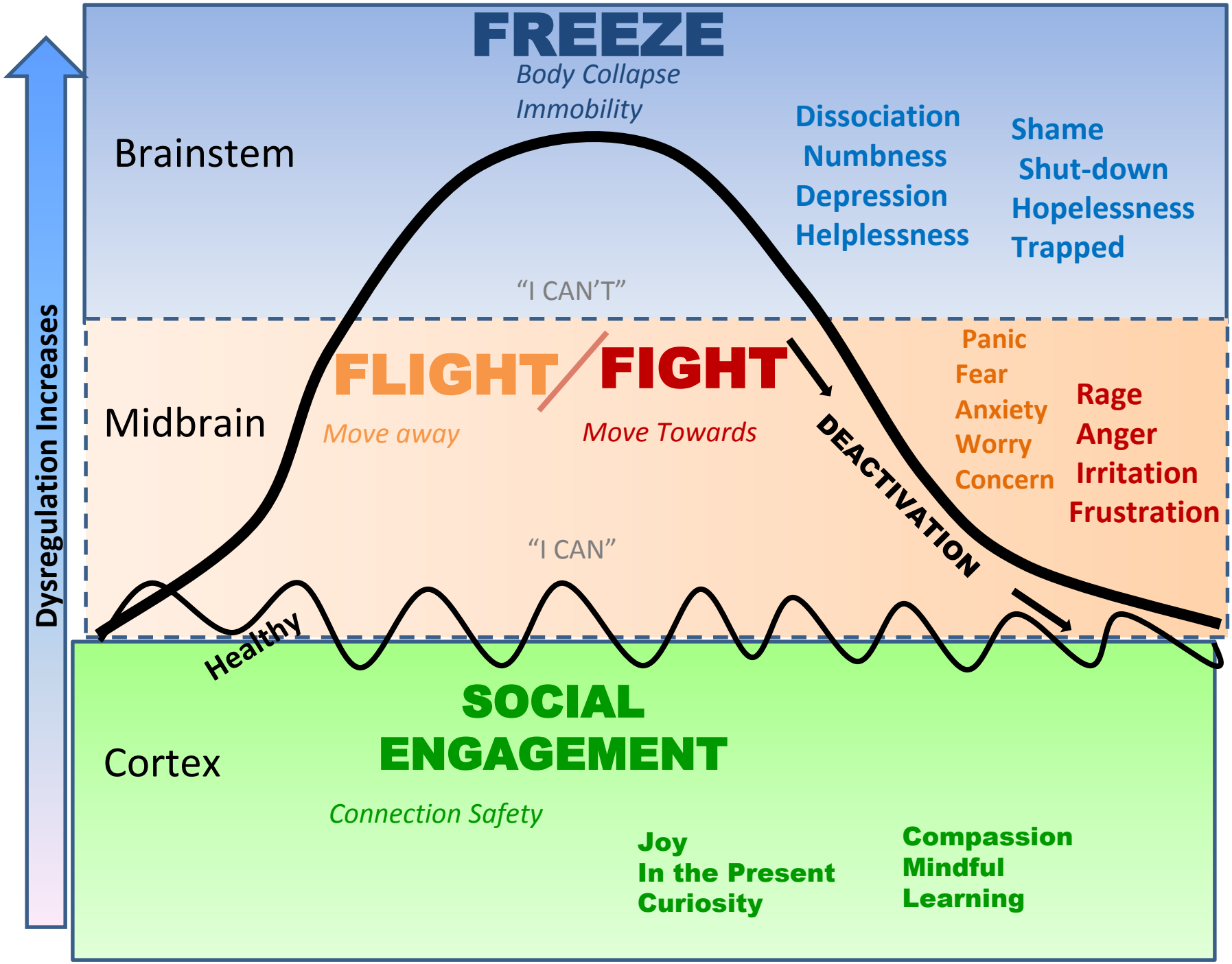
FREEZE
Body Collapse
Immobility
Brainstem
Dissociation
Numbness
Depression
Helplessness
Shame
Shut-down
Hopelessness
Trapped
"I CAN'T"
Dysregulation Increases
FLIGHT / FIGHT
Midbrain
Move away
Move Towards
DEACTIVATION
Panic
Fear
Anxiety
Worry
Concern
Rage
Anger
Irritation
Frustration
"I CAN"
Healthy
SOCIAL ENGAGEMENT
Cortex
Connection Safety
Joy
In the Present
Curiosity
Compassion
Mindful
Learning