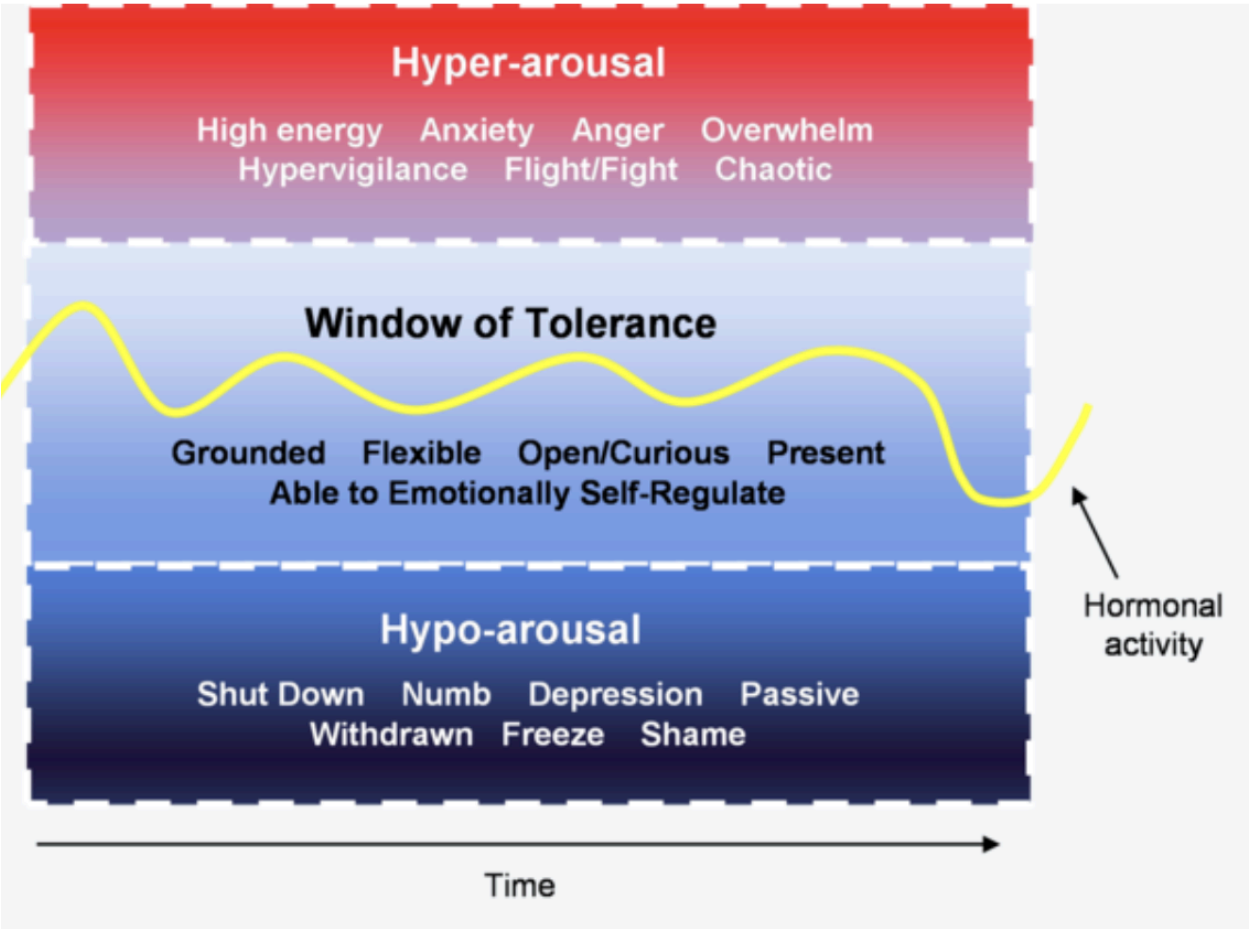
Hyper-arousal
High energy Anxiety Anger Overwhelm
Hypervigilance Flight/Fight Chaotic
Window of Tolerance
Grounded Flexible Open/Curious Present
Able to Emotionally Self-Regulate
Hypo-arousal
Shut Down Numb Depression Passive
Withdrawn Freeze Shame
Hormonal activity
Time

ENGAGE
FIGHT
RESPONSE: Attack, Confront, Dominate
EMOTION: Anger, Irritable
OUTCOME: Insult, Blame, Mistreat
FACE
RESPONSE: Challenge
EMOTION: Calm, Grounded
OUTCOME: Alert, Engaged, Decisive
REPEL
ATTRACT
FLIGHT
RESPONSE: Run, Hide, Quit
EMOTION: Denial, Anxious
OUTCOME: Evade, Omit, Sabotage
FREEZE
RESPONSE: Comply, Surrender
EMOTION: Shutdown, Empty, Numbness
OUTCOME: Justify, Rationalize, Detachment
DISENGAGE