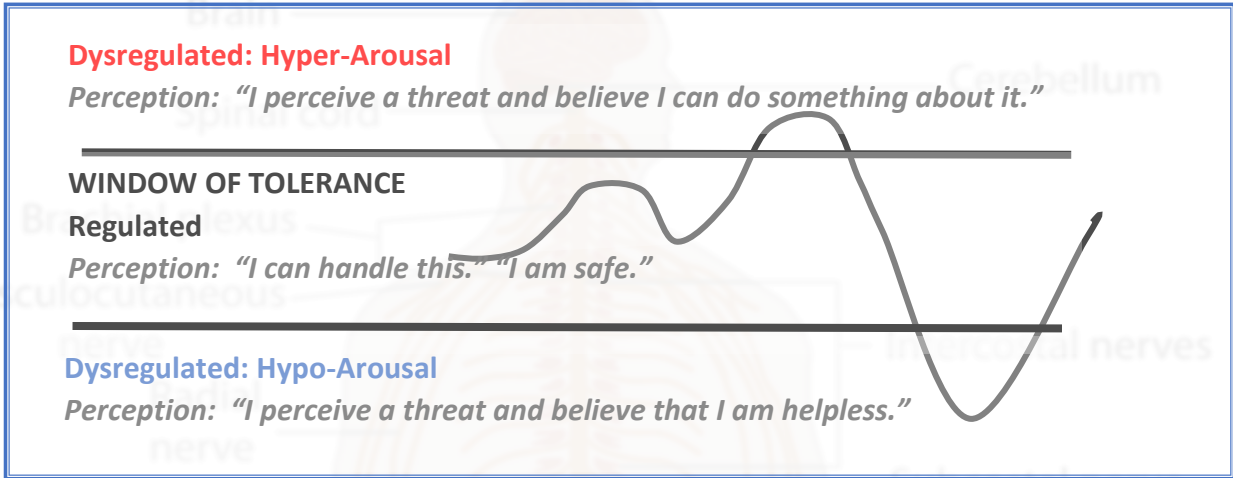
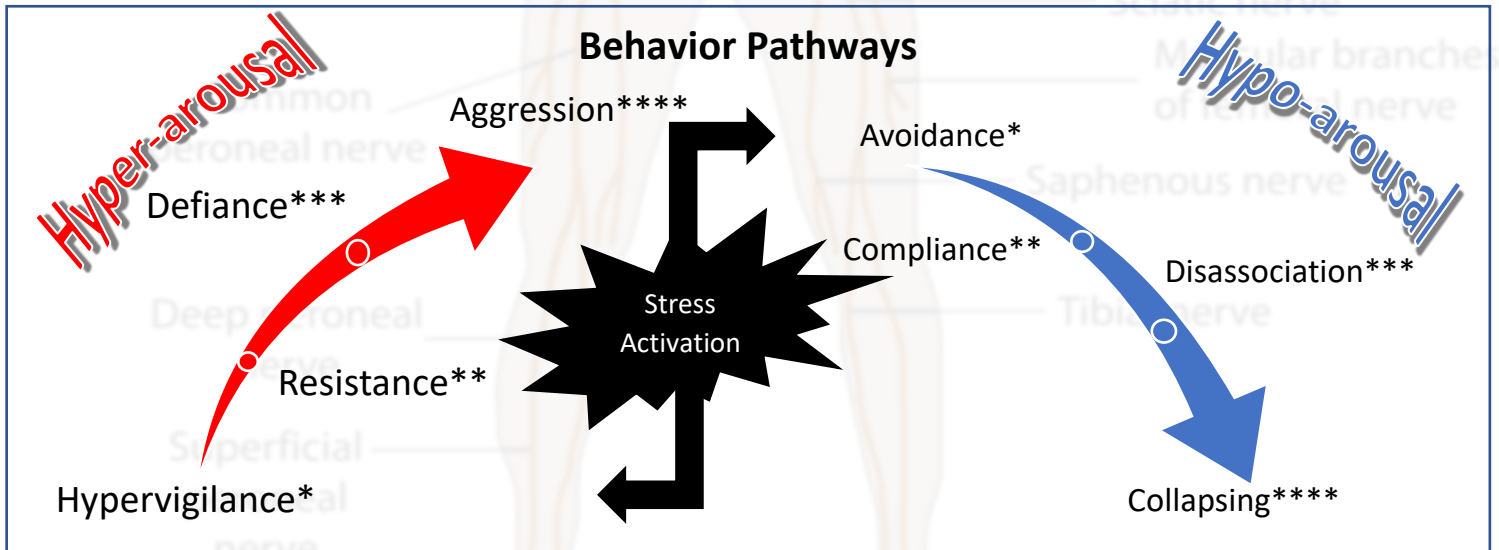


The Nervous System



- States of the nervous system correspond to energy flowing to different parts of the body.
- It is normal and desirable to move between different states of the nervous system.
- Perception is what determines which state of the nervous system becomes activated.
- When within my window of tolerance, there are options and choices for behavior, because I believe I can handle things. When outside my window of tolerance behavioral options are limited.
- My window of tolerance is not static. IT IS POSSIBLE TO INTENTIONALLY & EXPLICITLY grow windows of tolerance.



Making Sense of Behavior

ALERT*
 On-guard
 "Did I hear something?"
 Community
 Concrete

ALARM**
 Charged
 "I definitely heard something!"
 Process inaccurately
 Emotional, Hours/Mins, Family

FEAR***
 Reactive
 "It's coming for me!"
 Everything's a threat.
 Mins/Seconds, Self

TERROR****
 Out of Control
 "It's got me I'm going to die!"
 I'm trying to stay alive.
 No sense of time, Body integrity