

Navigating the map of internal experience

M Mental **S** Sensory

E Emotions

P Physical/Physiological

The HYPER zone (Fight-Flight/Adrenal/"Sympathetic")

M/S: Agitated, too many thoughts, perhaps observes own actions but not really in control, or not thinking at all – just reacting "red mist", hyperaroused senses, can't ignore trivial sounds/disturbances or may have difficulty focussing on human voice frequency ranges

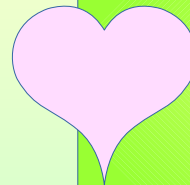
E: Big emotions – anxiety, anger, hatred, fear, aggression

P : high energy burn (leading to energy depletion because it's not sustainable), immune system geared to bites/wounds rather than internal maintenance and respiratory/digestive infections, rigidity, tension, cramp, stiffness, "armouring", muscle pain, digestive problems, short sighted, gets ill when relaxes

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Window of normal adaptation

"Everything else"



M/S: Curiosity, play, clear thoughts, only when you want to think. Relaxed and also fully engaged

E: Appreciation, gratitude, love, "glow", communication, relational, exploration, safety, in control

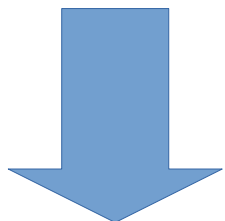
P/S : Optimal : relaxation vs energised : able to adapt to all situations. Body self-heals, soft but strong

The HYPO zone (Dissociation/Turning the lights off : "Deep (Dorsal / Primitive) Vagal")

M/S: Dissociation / depersonalisation / world feels alien, or distant and difficult to connect with. "Through a glass darkly". Try to think but the thoughts will not come. Disengaged.

E: Despair, overwhelm, hopelessness, boredom, depression, don't care, submission

P/S : Numb, blank, absent, empty, sleepy, floppy, lassitude, exhaustion, slow metabolism, stores fat for winter, immune system heals physical wounds very powerfully



Hibernation