

Body / Gut Instincts

Protection & Respect

Worth & Wants

- Rage/*Fight*, Frustration, Anger
- Make life conform physically

◆ Move, walk, play; seek out; curiosity

Making a Space

Primal Requirements

Basic Needs

Adverse Body Reactions:
Body, Mind, Heart

◆ Higher Qualities

Head / Mind

Acknowledgement & Seen

Security & Certainty

- Terror/*Flee*, Anxiety, Fear
- Gain certainty thru thought processes

◆ Thoughtfulness,
discernment, wisdom, peace

Heart / Feelings

Connection & Loved

Love & Connection

- Panic/*Freeze*, Distress,
Grief/Shame
- Create loveable, valuable
identity

◆ Empathy, understanding,
compassion, kindness

