



# The Nervous System Spectrum™

Mapping your unique nervous system based off combination states and how they feel in and out of the body. Use the related elements with the Inner Landscape™ Map to work with the natural world on your healing path.

FORGOTTEN Outside of Map		FROZEN Ego Island		FATIGUED Emotion Ocean		FERAL River of Reason		FRAYED Vagal Valley		FLYING Forest of Feels		FESTIVE Vagal Bridge		FLOWING Fountain of You		FOCUSED Move it Mountain		FULFILLED Outside of Map	
M	flight - air			flight - air		fight - fire		fight - fire		flight - air		fight - fire		flight - air		flight - air		freedom - earth	
R	freeze - water			freeze - water				freeze - water				freedom - earth		freedom - earth		freedom - earth		freeze - water	
I																			
	<b>FLIGHT + FREEZE</b>	<b>FREEZE</b>	<b>FLIGHT + FIGHT</b>	<b>FIGHT</b>	<b>FIGHT + FREEZE</b>					<b>FLIGHT</b>		<b>FIGHT + FREEDOM</b>		<b>+ FLIGHT + FREEDOM</b>	<b>+ FREEDOM</b>		<b>FREEZE + FREEDOM</b>		
Unintentional escape from body. Physical body is collapsed while the mind is busy	Low-energy state from overwhelm or exhaustion, immobilized	High reaction survival mode, mobilize and defend at the same time	Defensive mobilization toward a perceived threat or danger	Defensive anger with collapsed body, often bitter with resentment						Escape oriented mobilization, moving away from threat		Asseritive, bounded energy with safety and rest activated		Mobilization toward something unfamiliar, playful and curious		Connection and safety, adaptability, present, flexible, grounded	Intentional release from physical body, safe, stillness, meditative		
Withdrawn, detached, heavy body, restless thoughts, gut tension, sleep but not rested, freeze + anxiety loop, social anxiety, insecure attachment, procrastinate	Empty, feel hopeless, low heart rate, isolated, cold hands & feet, shallow breath, checked out, unresponsive, apathetic, unmotivate, withdrawn	Anger, panic, urgency, frantic, racing heart, cortisol surge, muscle tension, feel hot a lot, jaw clenching, controlling, snappy, reactive, aggressive, labeled as difficult	Protectiveness anger, tight chest, forward posture, fists clenched, hot body temp, confrontation, loud, rigid thinking, abusive actions, angry traits and behaviors	Feel trapped and mad, low energy anger, tight throat, shallow breathing, heavy limbs, confrontational, passive aggression, irritability, sarcasm, toxic, avoidant, bitter, depressive energy	Restlessness, fast breathing, tight gut, fear, urgency, eyes scanning, staying busy, overworking, running from feelings, aggression, irritability, anxiety, sarcasm, toxic, avoidant, bitter, depressive energy					Grounded strength, stable breath, communicates clearly, strong voice, stable breath, confident, assertive but respectful, protective, intimidating, dominate		Light energy, breathing easy, alert but calm, excited, curious, ready to explore, busy but regulated, scattered, hard to focus, high energy state, creative		Full, deep breaths, open to others, steady heart, digestive ease and warmth, expressive, social, playful, healing, rest, calm but open to connection	Peaceful, calm awareness, low energy, gentle breath, deep rest without collapse, quiet but connected, can seem disengaged or boring, actions are grounded				

**M:** Mobilizing state - increased heart rate, blood to muscles, narrowed attention, action oriented, fast, shallow breath with shortened exhale.

**R:** Regulated - adaptive and flexible heart rate, regulated and stable blood pressure, present, embodied awareness, energy available for restoration, connection, healing, and choice, slow and full rhythmic breath.

**I:** Immobilizing state - reduced heart rate, lower blood pressure, collapse, dissociation, conservation mode, slow, shallow breath, holding exhale.