

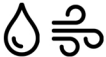






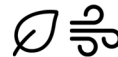


The Nervous System Spectrum™

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.

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.

	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		freedom - earth
R	freeze - water	freeze - water	fight - fire		freeze - water		freedom - earth	freedom - earth	freedom - earth	freeze - water
I										
										
	FLIGHT + FREEZE	FREEZE	FLIGHT + FIGHT	FIGHT	FIGHT + FREEZE	FLIGHT	FIGHT + FREEDOM	+ FLIGHT + FREEDOM	FREEDOM	FREEZE + FREEDOM
	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	Assertive, 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, passive aggression, irritability, sarcasm, toxic, bitter, depressive energy	Restlessness, fast breathing, tight gut, fear, urgency, eyes scanning, staying busy, overworking, running from feelings, anxiety, avoidant, running away	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

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