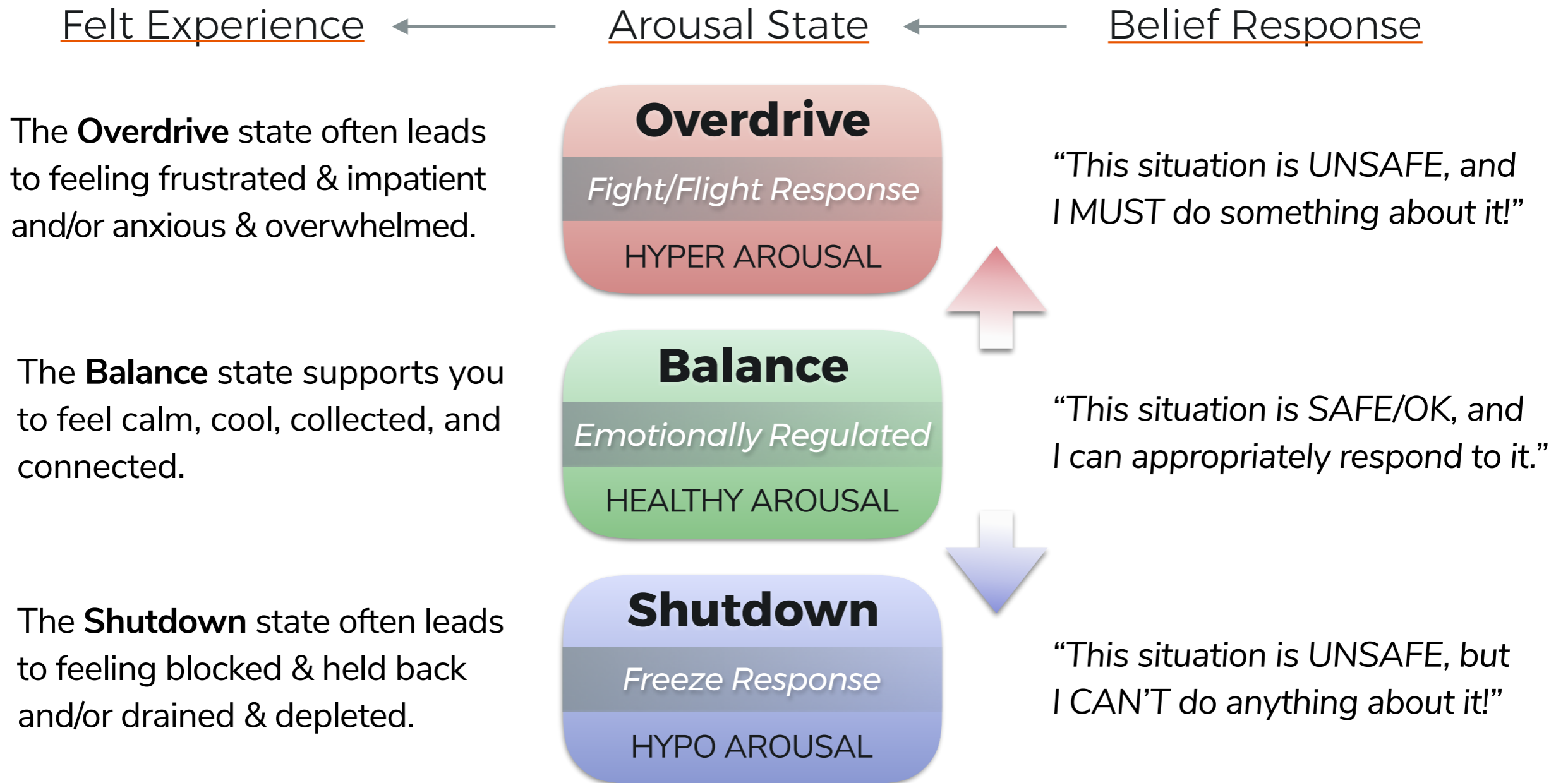


The Two Main Imbalanced States of Your Nervous System



> BOTH these dysregulating responses are unconsciously triggered primitive survival instincts!

The Balanced & Dysregulated States of the Four Core Areas of Embodiment

Updated: July 14, 2019

Shutdown State
Freeze Response
 HYPO AROUSAL

Balanced State
Emotionally Regulated
 MODERATE AROUSAL

Overdrive State
Fight/Flight Response
 HYPER AROUSAL

