

# ANS Activation Curve

When I am overwhelmed,  
I feel...  
I do...  
I don't do...  
I experience...

..., the world around me...

Overwhelm / Freeze

When I am activated,  
I feel...  
I have...  
I do....

..., the world around me...

Sympathetic Activation

When I feel connected,  
I experience...

..., the world around me...

Safety / Connection

