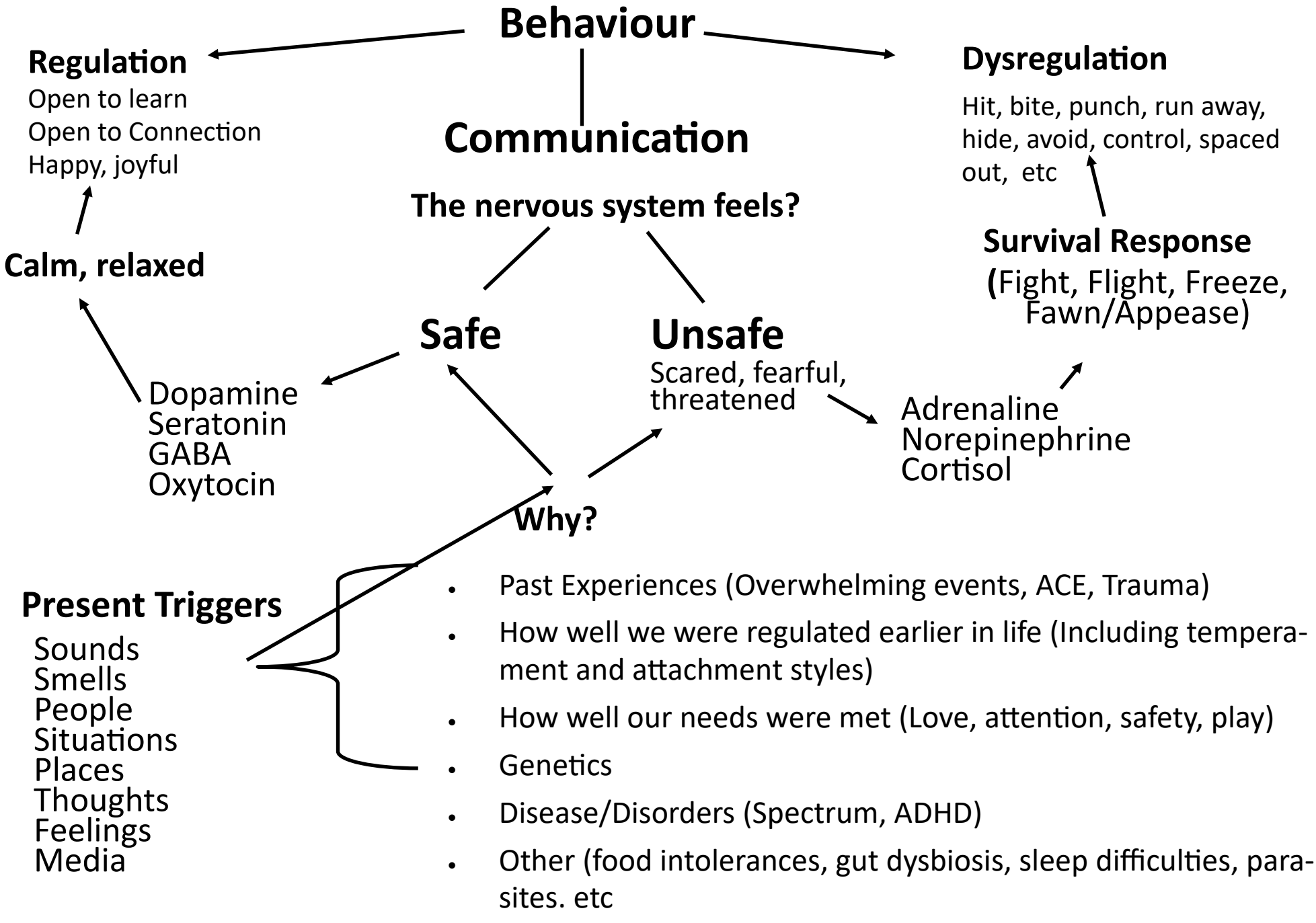
Behaviour
Regulation
Open to learn
Open to Connection
Happy, joyful
Communication
Dysregulation
Hit, bite, punch, run away, hide, avoid, control, spaced out, etc
The nervous system feels?
Survival Response
(Fight, Flight, Freeze, Fawn/Appease)
Calm, relaxed
Safe
Unsafe
Scared, fearful, threatened
Dopamine
Seratonin
GABA
Oxytocin
Adrenaline
Norepinephrine
Cortisol
Why?
Present Triggers
Sounds
Smells
People
Situations
Places
Thoughts
Feelings
Media
Past Experiences (Overwhelming events, ACE, Trauma)
How well we were regulated earlier in life (Including temperament and attachment styles)
How well our needs were met (Love, attention, safety, play)
Genetics
Disease/Disorders (Spectrum, ADHD)
Other (food intolerances, gut dysbiosis, sleep difficulties, parasites. etc