

ANGER = Zone 1

- **Wisdom:** something wants to be destroyed and is no longer of service. A big "NO" wants to be expressed. Anger creates healthy boundaries.
- Something(s) is calling to be met fully and encountered rather than run over or run away from.
- Only a certain amount of anger can be resolved by running the anger.
- Crucial move is to not direct anger at others by attacking.
- **Somatic:** tight jaw, neck, shoulders, light or severe headache
- **Survival:** what to resist to survive.

JOY = Zone 2

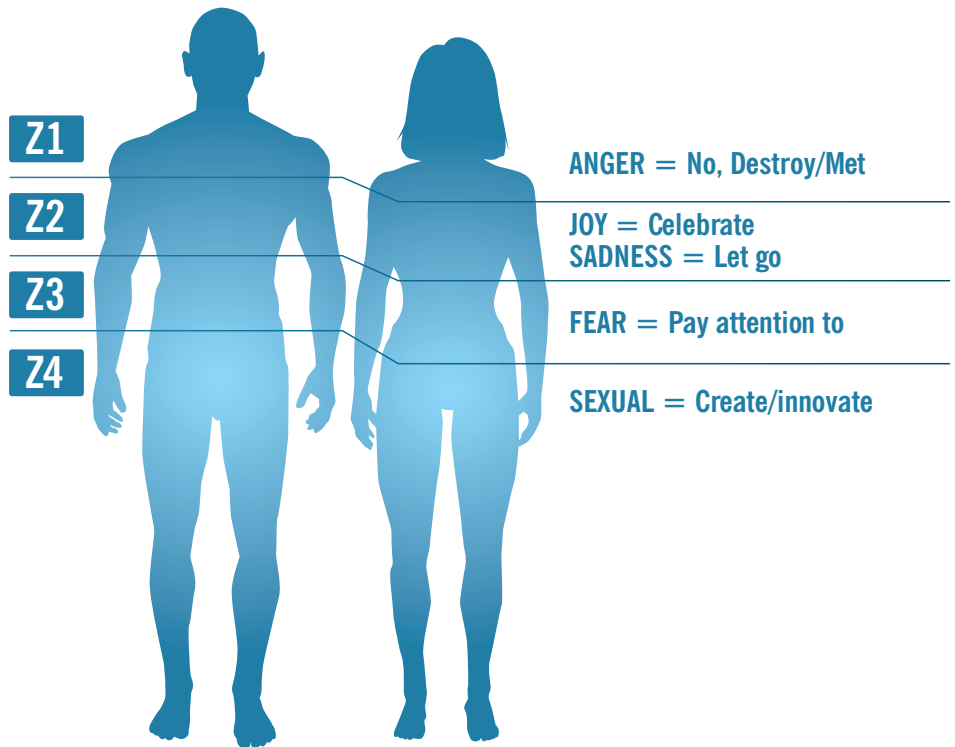
- **Wisdom:** something wants to be embraced and welcomed to the continuum of celebration.
- Are you skipping over an opportunity to raise a group's or individual's self-esteem.
- What is your ability to run infinite joy and positive energy?
- What is your ability to run joy and positive energy?
- **Somatic:** expansive and pleasant sensations often emanating from the chest.
- **Survival:** evolutionary signal we are doing something right for survival.

SADNESS = Zone 2

- **Wisdom:** something wants to be let go of. This in its current form is wanting to be let go of.
- Anger and/or fear can get mixed in with sadness and mask what actually wants to be encountered and let go of.
- **Somatic:** heavy chest, often times throat constricts, tears in eyes.
- **Survival:** you have lost something that you invested energy in, something crucial to your survival.

FEAR = Zone 3

- **Wisdom:** something wants to be paid attention to.
- Invitation to get alert, see, and notice. Momentum energy for action.
- Momentum energy to put us into action.
- Main move is getting present and moving fear into flow, then conscious choices can be made.
- **Somatic:** belly constriction, butterflies.
- **Survival:** what to avoid in order to survive and to warn the tribe.



SEXUAL = Zone 4

- **Wisdom:** something wants to be created or come into being.
- Getting into harmony with uprising energy.
- Energy to create and innovate.
- Accepting and enjoying sexual feelings and being smart/professional about expressing them.
- **Somatic:** rising energy in the pelvis.
- **Survival:** propagate so that the human species survives.

FIGHT RESPONSE FIGHT SOLUTION

Your arms get tight, hands may form into fists, your chin comes up and out and your weight is forward. This type of fear can look like anger. Your eyes can be piercing. Communication comes across as defensive and argumentative.

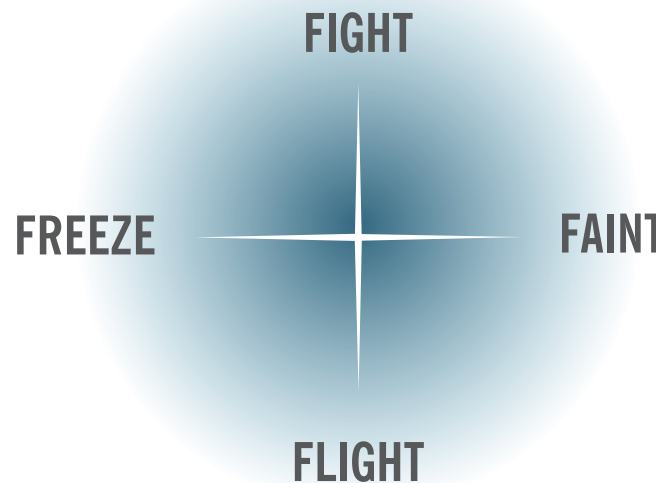
Let yourself spread out physically or energetically and slow down. Move your shoulders, hips and jaw slowly. Breathe easily and deeply. Slow down your communication and take a breath before each sentence.

FREEZE RESPONSE

Your body becomes tight and stiff and may be accompanied by a nervous smile on your face. A startle or shock response is a freeze move. When you are frozen, typically you will not speak or communicate.

FREEZE SOLUTION

Breathe and move, change your body posture. Begin to wiggle your fingers and toes. Say something out loud even "I notice I'm frozen".



FAINT RESPONSE

Your thinking becomes foggy and confused. You may feel drained, sleepy and even faint or fall asleep. Jaw hangs open. You may feel as if you are acting stupid. Imagine energy is draining out of the soles of your feet, there's no anchor, you may "feel adrift." Communication in a faint response appears scattered, unfocused and unclear.

FAINT SOLUTION

Collect yourself. Breathe deeply. Gather your energy. Place your hands somewhere on your body. Look around the room and make eye contact with someone.

FLIGHT RESPONSE FLIGHT SOLUTION

Part or all of you leaves the vicinity. The first movement may be one shoulder moving back, your weight shifting backwards. This can be accompanied by your feet beginning to move and a nervous laugh. You may flee the situation mentally without even moving. You may use consumption of drugs, alcohol, food, working out, or TV/electronics to flee. Eyes glazing over may be a mental flight response as well as looking at an iPhone.

Sit back into your chair with your back firmly against the chair. Widen your stance, ground your feet firmly into the floor, feel your weight, push down with your feet. Make direct eye contact with people when speaking. Speak something truthful.