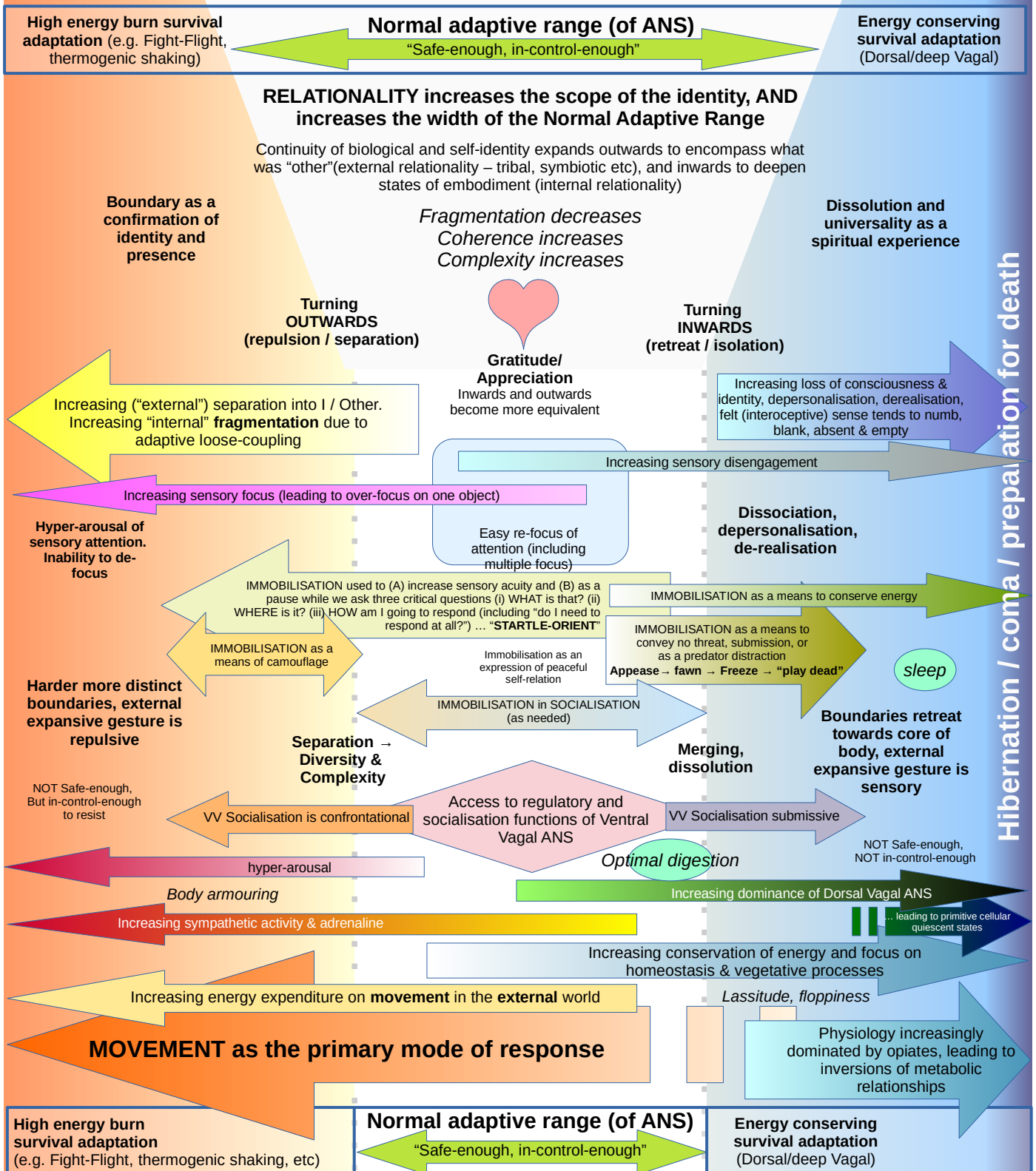


HEALTHY expression of the range of human experience

as mapped through ANS activity zones

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Central white zone is the **normal** (physiological) **adaptive range NAR** (or "window of tolerance" **WoT** in psychotherapy). We would normally bob around in this most of the time, occasionally enter fight-flight (left) when presented with a strong external threat, or enter the deep vagal (right) when (e.g.) we have to heal from an infection and sleep). Then we would normally return to the NAR/WoT. Trauma is when these normal adaptive responses become jammed in survival adaptation states (usually through overwhelm) so that more context-appropriate responses are less available. **BUT ALL of the above mapping is healthy** – if the context is congruent to the response. The primary and normal adaptation to anything is movement, so self-immobilisation is particularly critical. Everyone has experienced that self-immobilisation in surprise ("Hey! They sell ice-cream!"). It is instructive and very useful to consider healthy adaptive responses – this gives a far broader and balanced view of internal states. (Updated 17/05/21)