## HEALTHY expression of the range of human experience

as mapped through ANS activity zones © Andrew Cook 2021 www.body-mind.co.uk

**Energy conserving** High energy burn survival Normal adaptive range (of ANS) adaptation (e.g. Fight-Flight, survival adaptation Safe-enough, in-control-enough" thermogenic shaking) (Dorsal/deep Vagal) RELATIONALITY increases the scope of the identity, AND increases the width of the Normal Adaptive Range Continuity of biological and self-identity expands outwards to encompass what <mark>w</mark>as "other"(external relationality – tribal, symbiotic etc), and inwards to dee<mark>pen</mark> states of embodiment (internal relationality) Boundary as a Dissolution and Fragmentation decreases confirmation of universality as a identity and Coherence increases spiritual experience presence Complexity increases **Turning Turning OUTWARDS INWARDS** (repulsion / separation) prepalation for (retreat / isolation) Gratitude/ Appreciation Increasing loss of consciousness & Inwards and outwards identity, depersonalisation, derealisation, Increasing ("external") separation into I / Other. become more equivalent felt (interoceptive) sense tends to numb, Increasing "internal" fragmentation due to blank, absent & empty adaptive loose-coupling Increasing sensory disengagement Increasing sensory focus (leading to over-focus on one object) Dissociation, Hyper-arousal of depersonalisation, Easy re-focus of sensory attention. de-realisation attention (including Inability to deernation / coma / multiple focus) focus IMMOBILISATION used to (A) increase sensory acuity and (B) as a IMMOBILISATION as a means to conserve energy pause while we ask three critical questions (i) WHAT is that? (ii) WHERE is it? (iii) HOW am I going to respond (including "do I need to respond at all?") ... "STARTLE-ORIENT" IMMOBILISATION as a means to convey no threat, submission, or as a predator distraction IMMOBILISATION as a Immobilisation as an sleep Appease → fawn → Freeze → "play dead" Harder more distinct IMMOBILISATION in SOCIALISATION (as needed) boundaries, external **Boundaries retreat** expansive gesture is towards core of repulsive Separation -Merging, body, external Diversity & dissolution expansive gesture is Complexity NOT Safe-enough, But in-control-enough sensory Access to regulatory and to resist VV Socialisation is confrontational socialisation functions of Ventral VV Socialisation submissive Vagal ANS NOT Safe-enough, NOT in-control-enough Optimal digestion hyper-arousal Increasing dominance of Dorsal Vagal ANS **Body armouring** Increasing sympathetic activity & Increasing conservation of energy and focus on homeostasis & vegetative processes Increasing energy expenditure on movement in the external world Lassitude, floppiness Physiology increasingly **MOVEMENT** as the primary mode of response dominated by opiates, leading to inversions of metabolic relationships Normal adaptive range (of ANS) High energy burn **Energy conserving** survival adaptation survival adaptation "Safe-enough, in-control-enough" (e.g. Fight-Flight, thermogenic shaking, etc) (Dorsal/deep Vagal)

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)