

Nervous System State Descriptions

	MENTAL	EMOTIONAL	PHYSICAL	SOCIAL
B L U E	<p>Sleepy Dreamy Blurry Numb/dull Spacey Blank Hopeless Stuck Trapped Overwhelmed Scattered Confusion Forgetful Able to compartmentalize Reduced focus Removed Still/lower energy Hard to make decisions Unmotivated Can't strategize or focus</p>	<p>Numb Separate Apathy Shame Alone / Isolated Checked out "It doesn't matter what I do" "No one could ever understand" "Whatever, it's not worth it." "I'm not here"</p>	<p>Tired Relaxed Heavy Body "stuck" tight or overly loose Slow heart rate Slower shallow breathing Numbness Dizziness Pale Unfocused eyes Blurry vision Flat facial expression Monotone voice Bumping into things Disconnection from feeling in parts of the body Hard to wake up, don't feel rested</p>	<p>Unaffected Neutral Disconnected Space between me and others Unaffected Non-responsive Shut down Checked out Feels exhausting to be with people that you love</p>

R E D	<p>Focused Motivated Boundaried Assertive Obsessive Polarizing (there's only two ways, good or bad, succeed or fail, etc) Difficult concentration Negative outlook Rigid Repetitive, rapid thoughts Competitive</p>	<p>Protective Suspicious Irritable Mistrusting Annoyed Angry / Rage Worried Anxious Afraid Terror Panic</p> <p>"I have to handle this" "Everyone's out to get me" "Nothing's safe" "Safer to expect the worst."</p>	<p>Tight, "ready" muscles Fast, shallow breathing Fast heart rate Cold hands and feet Sweaty and hot Dry mouth Poor digestion Constipation Restless Agitated Shaky Fast speech Sharp, darting eyes Poor sleep Hard to fall asleep or stay asleep</p>	<p>Go-getter Risk taker Reactive Impatient Suspicious or aggressive Self-focused Confrontational Avoidant Defensive</p> <p>Needing to stay a step ahead</p> <p>Expecting people or relationships to hurt/disappoint</p>
	MENTAL	EMOTIONAL	PHYSICAL	SOCIAL
G R E E N	<p>Curious Playful Nuanced Strategic Able to imagine new possibilities Clear mind Creative Flexible Focus and concentration Positive outlook Peaceful Ease</p>	<p>Relief Content Able to move between emotional states with fluidity Enjoyment Appreciation Sense of dignity Connection to love Expressions of Joy</p> <p>"I got this." "My people are with me." "It's safe enough to feel good"</p>	<p>Vibrant Resonant sound in voice and breath Relaxed muscles Even breathing Open chest Relaxed shoulders / jaw/belly Moderate heart rate Easy digestion and elimination Expressive facial movements Rhythm (rocking, singing, humming, dancing)</p>	<p>Attuned Connected Responsive Interactive Collaborative Interested Patient Ability to try new things, take some risks Sense of care giving and receiving Sense of connection / belonging</p>

P U R P L E	Negotiating, Appeasing Mistrusting Charming Mediating Close attention to power dynamics High risk tolerance Unsure of own opinion or perspective Hesitant to take credit Saying/acting differently than one thinks or feels "Playing safe" "Fake it till you make it" Conflicted	Able to hide emotions/feelings effectively Able to feel others' emotions and states clearly Highly sensitive to feedback or criticism Self deprecating Self doubt Feeling surges of capacity or strength that need to be "locked down." Mixed (apparently contradictory) feelings Red and blue emotions layered on each other	Attentive, observant Holding back/in Adrenaline and immobility Playing downpower (making body/voice appear smaller) Mirroring body language Blending in Tense muscles and joints, though perhaps appearing "soft" Hitting the gas and the brakes at the same time Quick reflexes Both red & blue sensations at once	Overanalyzing anticipating of others' needs Compliant Hyper-intuitive Comparing Performing Placating Unconsciously imitating accents Work to "blend in" Adopting dominant group behaviors even if uncomfortable Relying on copious input and outside opinions Heavily attentive to interpersonal dynamics, "fawning"
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