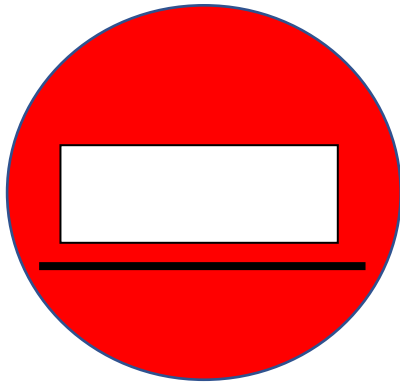


TRAUMA TRAFFIC LIGHT WORKSHEET –
WHAT STATE/ZONE ARE YOU IN? UTILIZE BASK-MODEL (BRAUN, 1988)
TO IDENTIFY DIFFERENT MOMENTS ON A CONTINUUM OF AWARENESS.

**CUE
WORDS**



Dorsal Vagal-Immobilized-Collapsed-Discontinuity

What does this say about you?

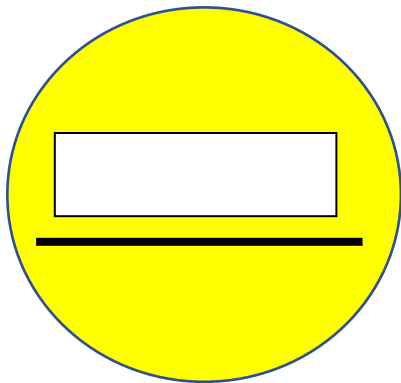
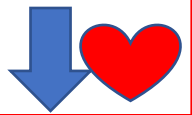
What does this say about your environment?

Behavior:

Affect (Emotion):

Sensation (Body):

Knowledge (Belief):



Sympathetic-Mobilized-Fight-Flight-Fawn

What does this say about you?

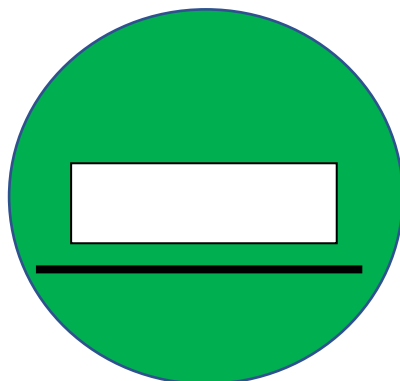
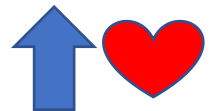
What does this say about your environment?

Behavior:

Affect (Emotion):

Sensation (Body):

Knowledge (Belief):



Ventral Vagal-Secure-Social Engagement

What does this say about you?

What does this say about your environment?

Behavior:

Affect (Emotion):

Sensation (Body):

Knowledge (Belief):

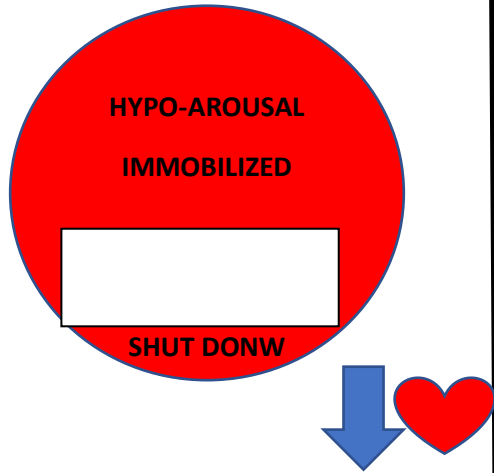


CUE WORDS

MOMENTS I AM IN THIS STATE?

EX: PHYSICAL, EMOTIONAL & BEHAVIOURAL TRIGGERS

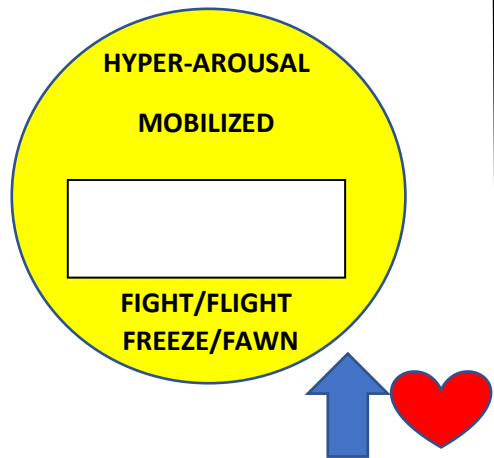
WHAT MOVES ME IN AND OUT OF THIS STATE?



A red circle containing the text "HYPO-AROUSAL" and "IMMOBILIZED" at the top, a white rectangular box in the middle, and "SHUT DOWN" at the bottom. A blue arrow points downwards from the bottom of the circle, and a red heart is positioned to the right of the arrow.

IN:

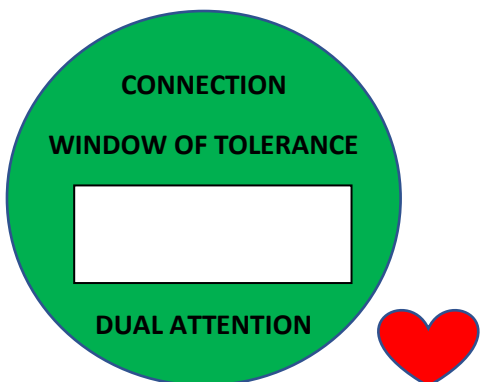
OUT:



A yellow circle containing the text "HYPER-AROUSAL" and "MOBILIZED" at the top, a white rectangular box in the middle, and "FIGHT/FLIGHT" and "FREEZE/FAWN" at the bottom. A blue arrow points upwards from the bottom of the circle, and a red heart is positioned to the right of the arrow.

IN:

OUT:



A green circle containing the text "CONNECTION" and "WINDOW OF TOLERANCE" at the top, a white rectangular box in the middle, and "DUAL ATTENTION" at the bottom. A red heart is positioned to the right of the circle.

IN:

OUT: