



## AFTERCARE WORKSHEET

### MEANINNG MAKING: HIGH-ROAD VS LOW-ROAD

How do you create meaning based on your experiences? Do you rely primarily on the reasoning mind (the high-road) or do you depend mostly on the information you receive from your body-based emotional experiences. The low road is referred to when we instinctively respond to a situation. This is often in a traumatic or stressful situation when we engage the fight or flight response. The low road can also be an instinctive response that is well tune to a situation or experience.

Do you use a combination of both the high and low roads to bring meaning and process your experiences and life?

Often these meaning-making modes are not recognized, but rather instinctual or based on a “feeling”, a “sense”, or a “gut feeling”. Becoming aware of how we create meanings is crucial to understanding our direct somatic experience.

We want to notice when a fear overrides the reasoning brain and learn the mindful and somatic techniques to integrate, regulate, and calm. We want to understand that the prefrontal cortex can help us our when we are emotional and use thinking strategies to get through confusion or decision-making. Understanding where our basic physiology intersects with our body is part of understanding our whole human experience. Decisions are based on the meaning you attach to them. Reflect on the various ways you can make decisions and attach meaning to those decisions. What do you value most? How does your body or your mind respond? Do they respond in tandem? What is the process for you?

#### Reflection:

Think of a time when you made a calm and reasonable decision. How did you do this? What did that feel like?

Think of a time when you made an “emotional decision”. What did that feel like? In hindsight was it a good decision or a poor one?

Think of a time when you made a body-based and instinctual decision. What did that feel like? How do you evaluate that decision in hindsight?

What do you consider as a good decision and what meaning do you attach to it?