



Green/Ventral

Sensations/Feelings

Thoughts

Behaviors

Name

Notes

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Yellow/Sympathetic

Sensations/Feelings

Thoughts

Behaviors

Name

Triggers

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Orange/Pleasing & Freezing

Sensations/Feelings

Thoughts

Behaviors

Name

Triggers

Sensations/Feelings	Thoughts	Behaviors	Name	Triggers



Red/Dorsal - Collapse

Sensations/Feelings

Thoughts

Behaviors

Name

Triggers

Sensations/Feelings	Thoughts	Behaviors	Name	Triggers