Our "systems" same now as 12000 years ago...

- Mobilizing us for action
- Fight/flight/freeze/play dead
- "Tend and befriend"
- irritation, fear, anxiety
- shame, critique, worry
- Shut-off for learning
- Cortisol

**STRESS THREAT /ACTIVATION**
- Hunt
- Interest
- Curious

**ACHIEVEMENT /REWARD**
- drive, alert, awake
- Reward seeking
- Low tolerance of boredom
- Dopamine

**SAFE /CONNECTED**
- Relationships
- Touch
- Just being
- Re-creative
- Rest, warmth
- Relationship dependent
- Contact & Friendliness
- Oxytocin

Adapted from Paul Gilbert, CFT