**Activation:**
- Marked change in arousal (amygdala + SNS = hyperarousal)

**Orienting:**
- Heightened orienting sequence (focus attention on threat)

**Social engagement:**
- Attachment and social engagement systems attempt to neutralize threat through interpersonal communication “help”

**Mobilising defensive strategies:**
- Fight or flight, turning away

**Immobilising defensive strategies:**
- If active defences are ineffective, then freezing or submitting responses may be engaged

**Recuperation:**
- Once threat has passed, process of deactivation, discharging the arousal, metabolising biochemical, recalibrating the orienting sequence and relaxing muscles begins

**Integration:**
- Longer term process and varies depending on severity of threat, kind of defences used, the success of the defences, the degree of completion at the recuperation phase as well as individual resources

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