ACTIVE DEFENSE BELL CURVE - ORIENTING RESPONSE

Activation:
- stimulus registers in nervous system

Alert:
- senses become heightened to take in information

Muscular change:
- flexation and extension = contract body inwards then extend outwards again

Orient/scan:
- search for stimulus or possible danger

Locate:
- source of stimulus is found

Identify:
- recognise stimulus

Evaluate:
- assess if dangerous or not

Take action:
- flight, fight, freeze, dorsal vagal

If not dangerous then return to normal activity

Recognise:
- re-adjust and re-equilibrate

Sheri Zala (2011) ©
Adapted from Peter Levine (2010)
& Ogden et al (2006)
FEELING & EMOTION BELL CURVE – A WAVE OF EMOTION, eg: sadness

Slight emotion

Begin to feel tight and heavy in chest, distressing thoughts

Eyes moisten, lips quiver

Start to sob and produce mucus, tears come to eyes

Heavy sobs and deep sadness, intense feeling, tears, crying, distressing thoughts

Sobs slow down, breathing gets deeper, gaps in crying

Inhale and breath catches, less intensity in feeling

Nose starts to dry up, lips become settled, tears decrease, chest feels less tight

Pain starts to ebb, distressing thoughts decrease, tears stop

Release and return to equilibrium

Sheri Zala (2011) ©