

Executive State



I am:

- Ready to learn
- Safe
- Problem-solving
- Connected

Emotional State



I Need:

- To feel loved
- Connection

This looks like:

- yelling/screaming
- Inability to control emotions
- Ignoring
- Blaming
- Talking back

Survival State



I Need:

SAFETY

This looks like:

- Hitting
- Fighting
- Hiding
- Physical fits
- Shutting down