

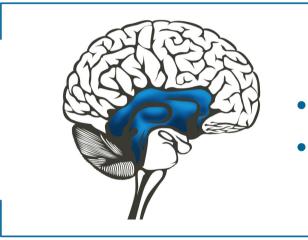
## **Executive State**

## I am:

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

## **Emotional State**

This looks like:



I Need:

- To feel loved
- Connection
- yelling/screaming
- Inability to control emotions
  - Ignoring
  - Blaming
  - Talking back

## Survival State

- This looks like:
  - Hitting
  - Fighting
  - Hiding
  - Physical fits
  - Shutting down

