

HIGH ENERGY (PARTS in control)

- This feels overwhelming, I can't think or feel
- I feel impulsive, keyed up, angry, rageful, distrustful
- Frozen, terrified, flashbacks
- Addictive behavior, urges to hurt myself or others
- Obsessed, paranoid
- Tense, pressured, activated

AVERAGE ENERGY: (SELF in control)

- I'm not derailed by this feeling
- I can still be curious, calm, creative
- I can think clearly
- I can tolerate talking about this
- I feel confident and committed
- I am present in mind and body

LOW ENERGY (PARTS in control)

- I feel underwhelmed/shut down
- I feel tired, sleepy, numb, empty
- I feel depressed/despair
- I am preoccupied with shame/self-loathing
- Victimized, checked out, "not here"
- I feel frozen/disabled
- Slouched, slowed, collapsed

