

FLOODING

← HOW TO HELP MYSELF WITH

Physiological hyperarousal
Stress response
Flooding

Panic

Fight - Flight
in response to perceived threat

Feelings helpless, cornered, trapped, overwhelmed



"I amed, back"
"I fidded in 20 mins"
"HH"

Action without thought

Point of notice, attention, and awareness

Thinking
Feeling
- Slow, deep breaths,
- what, specifically, was I feeling and thinking?

- How can I calm those specific feelings?

SELF-SOOTHING

and thoughts? Thinking

- Watch for feelings one-up (contempt) and one-down (victimhood) "I can't help myself!"

"How dare they?"
"There's nothing I can do!"

8/31/19