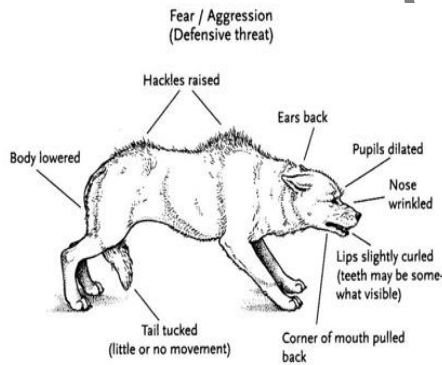


# THREAT v. SAFETY **Right = expansive/ divergent/ scan environment**

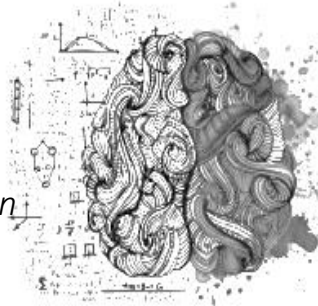
## Left-Right Brain

Basis of two major, competing / balancing modalities



### **Left = narrow / convergent / focused**

- Narrow, concrete, ruminating about boyfriend, girlfriend, or exam
- Eager to talk, be heard, pour out emotions in words
- speech + thought, repetitive self-talk, self-reinforcing tales of unfairness, hurt, inner movie and dialog loops
  - Tracks conversations, texts, scoring
  - Hyper-focused on exact actions, words
  - Intense sense of status, closeness vs distance, e.g., fairness, correctness, OKness
  - increases baseline respiration, BP, HR

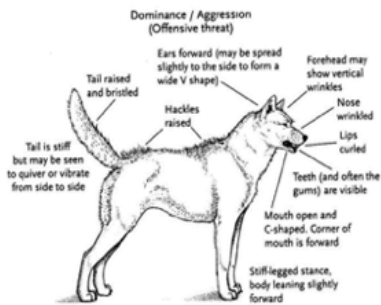


## THREAT v.

# SAFETY

### Left:

- Narrow, concrete, positive ego
- 'On top' status, 'I'm doing great'
- Actions- hang, chat, eat, gather, be together
- 'secure base', secure attachment parameters – close physical/emotional proximity, gaze, voice, pillow talk



- General threat detection, basis of FIGHT-FLIGHT FEAR
- Interpersonal insecurity, boyfriend/girlfriend, friend, friend-group, significant other, family dominated by FEAR-flight emotions (anxiety, terror)
  - Excess checking behaviors /cking phone, Are we OK?
    - FEAR-fight, angry, mad, bitter, indignant.
      - Five-alarm threat, hyper-vigilance
      - Dread, sensing something's wrong
      - Feeling isolated, alone, exposed, desperate
- Safety go-to's are not working, spiking escalated checking, reassurance seeking.
  - Divergent, global dread
- Global scanning, dread, something is about to turn bad
  - sees danger everywhere, 5/10 to 10/10
  - quick reprieves, briefly OK, then back to anxiety
  - Emotional-thinking, fear distorts problem-solving
- Perseverating, cycling, thinking returns to variations of pessimism, terror, 'that won't work'

### Right:

- Emotionally **secure**/OK.
- Flexible, loose: relaxed, may be mellow or excited.
- Attached-connected, safely within important relationship, "in"/inside a relationship, "my" girlfriend/boyfriend, friend(s), significant others
  - In cocoon, cave, home, tribe
    - Low anxiety, 0-3/10
- Better baseline respiration, BP, HR, HRV