



## THE Three Zones of the NERVOUS SYSTEM

### Red Zone: Attach/Defend, Avoid, Escape

#### (Greater Internal Chaos)

Frustration/Impatience	Blame
Nonstop Hamster Wheel	Cheeseburger/Chocolate
Hard to Sleep or Relax	Short Fuse
Muscle Tension	Tunnel Vision
Hypervigilance	Poor Decision-Making
Racing Thoughts	Impulsive Actions
Chronic Pain	Short-Term View
Irritability/Anger/Rage	Worry/Panic

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### Green Zone: Zone of Flourishing

#### (Dynamic Balance)

Sleep Well	Patient
Relaxed/Energized	Feeling Safe
Confident	Spacious
Calm	Engaged
Broad Perspective	Curious
Humorous	Fun
Flexible	Easy to Be With
Peaceful	Adaptable

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### Black Zone: Freeze, Shut-Down, Burnout

#### (Greater Internal Rigidity)

Giving In/Giving Up	Low Heart Rate
Delay/Avoid/Ignore/Deny	Sadness
Disconnection	Apathy
Depression	Immune System Malfunction
Exhaustion	Poor Digestion
Low Energy	“Why Bother?”
Deadness	Don’t Want to Get Out of Bed