

From Conscious Discipline

	Survival State	Emotional State	Executive State
Belief	I am under attack. I am not safe.	I am not loved/valued/respected/appreciated	I am safe enough/loved enough/capable enough. I am enough.
Emotions	Anxiety, anger, fear, terror, hopelessness, depression	Sadness, hurt, frustration, irritation, disappointment, guilt, helpless	Calm, peaceful, coherent, grateful, content, relaxed, attentive, present, alert, confident, competent
Behaviors	Physical aggression, screaming, withdrawal, run, surrender, disassociate	Social aggression, name calling, victim, martyr, guilt, manipulation	Goal directed, problem-solving, solution oriented, caring and motivated, responsible
Awareness	Unconscious	Unconscious	Conscious
Free Will	Physically reactive, instinctual DNA program, stimulus-reaction	Verbally reactive, preprogrammed CD-ROM, stimulus-reaction	Conscious choice of response Stimulus-pause-response
Questions	Am I safe?	Am I loved?	What can I learn from this?
Need	Safety	Connection	Problem-solving in social settings
Regulation	Arousal, clacker	Emotions	Behavior, thoughts, emotions, arousal