

Crisis Mode

9-25-15

Defensive,
Competitive

Self-Centered

Fear

Control, Blame

*Fixed,
shrunk
frame,
opaque
filter,
narrow
and/or
scattered
focus*

Energy to muscles results
in tension if not discharged

Health Maintenance suppressed

Pressure, hurry

PERCEPTION

BODY

EMOTION

Reactive
and/or numb

Conceptual fear

THOUGHT

Less empathic,
need for control

*Narrowed focus on
"What's Wrong"*

*Limited
receptivity
& learning*

Short-term focus,
easily distracted,
procrastination

More errors, less
efficiency, limited
creativity

Leads to judgment of
self and others,
thinking in terms of
"should"

Leads to self-centeredness,
misunderstanding, conflict,
perception of scarcity &
competition

Return to old methods,
Increased rigidity

