

STATE OF CONSCIOUSNESS CHART

Remember:

Feeling is a byproduct of the Chemical, not the cause

Thriving Successful / Motivated Dopamine Driven	Surviving Rest-and-Digest Serotonin Driven	Dying Fight-or-Flight Norepinephrine Driven
Human Homeostasis Proactive Faith / Knowing Clarity Assurance Acceptance Calm Confident Capable Significant Strong	Primal Homeostasis Interactive Familiar Thinking Safety Discernment Soothed Comfortable Placated Adequate Able	Primal Triggered Reactive Failure Fear Doubt Judgment Anxious Insecure Vulnerable Insignificant Weak
Independent / Supportive Zone / Movement Harmony Cooperation Connectedness Ease Joy Love Honor / Pride Truth Positive	Supported / Connected Auto-Pilot Simplicity Tolerance Peace Work Fine Like / Dislike Acceptance Facts Neutral	Abandoned / Alone Stagnation Discord Conflict War Struggle Anger Hate Shame Illusion Negative

