THE TERRIFIED PERSON

HIGH ROAD

Hippocampus

Shrunken

Sensory Cortex

"Wise Old Owl"

Smoke Detector Activated

SUD SCALE 6 to 10

Smoke Detector Misfires

SUD Scale stays at 8

Lack of Regulation

Sensory Thalamus
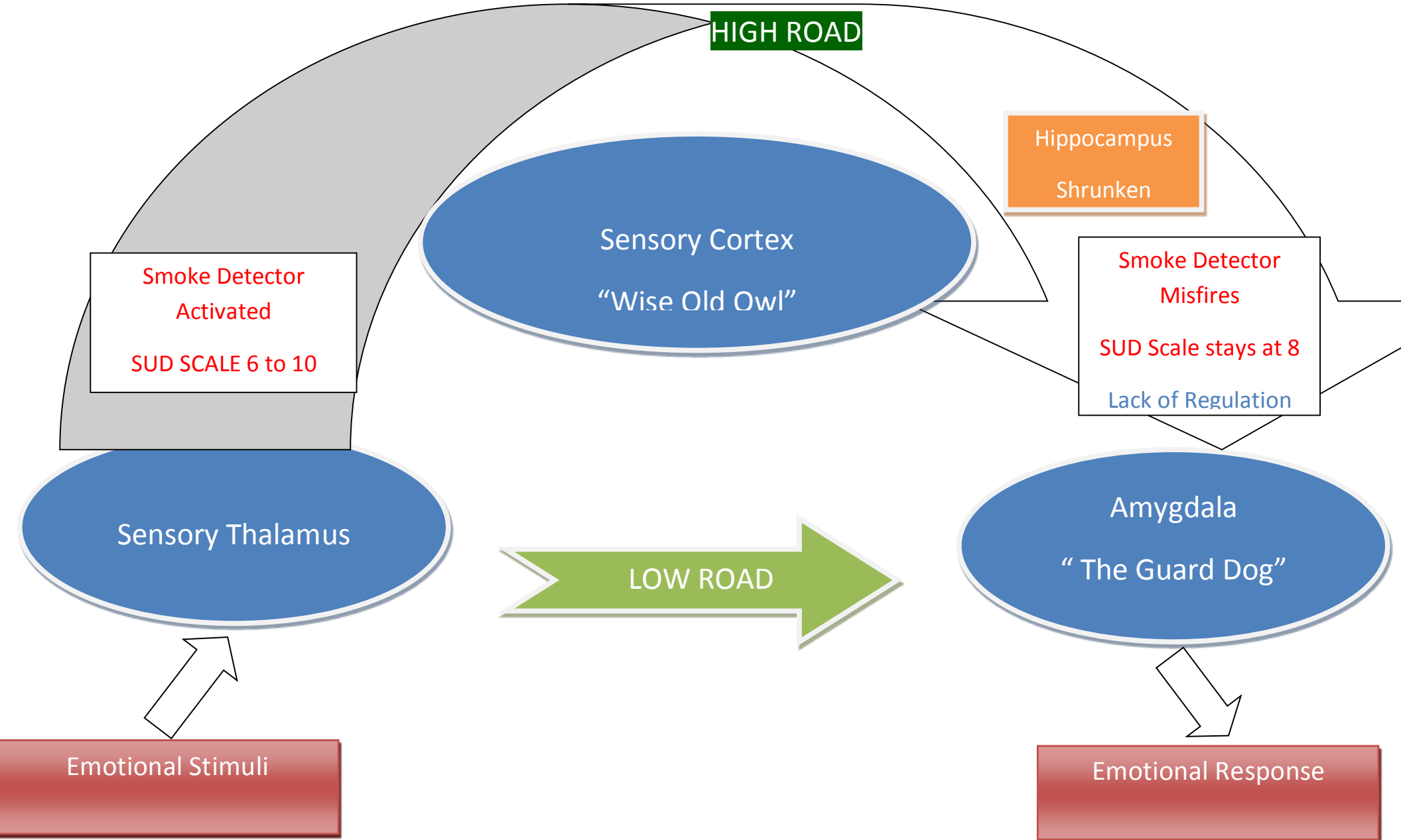
LOW ROAD

Amygdala

" The Guard Dog"

Emotional Stimuli

Emotional Response

Model adapted by Allison Sampson from Ledoux (1996, page 164) and utilizing terms from van der Kolk's work and Goldie Hawn's Book (2011) *10 Mindful Minutes*