

An emotional release is triggered leading to reactions to situation



Brain releases a cocktail of hormones, as per existing neural pathway

Brain's over protection is triggered

A past experience is unlocked



COPING VS HEALING







Be aware of the strongest tool at our disposal - self awareness



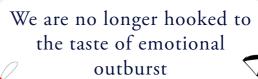


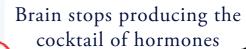


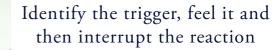
An unwelcome situation is triggered by an external factor



An alternate neural pathway forms slowly and healing begins







Understand what are we truly feeling, refer a feeling wheel





