

Recognizing BrainStates™ - Cues

Threat/Stress BrainState	Limbic BrainState	Higher BrainState
<p>Physical Body Cues</p> <p>Increased heart rate Rapid breathing Sweating Clenched jaw and teeth Tight gut Tense shoulders / neck Tense facial muscles</p>	<p>Physical Body Cues</p> <p>Similar to threat stress but less intensity Breathing is more shallow Talking more than listening Tight gut Tense shoulders / neck Inconsistent facial expression</p>	<p>Physical Body Cues</p> <p>Relaxed muscles Even breathing, lower diaphragm Calm demeanor Normal heart rate Relaxed facial expression</p>
<p>Emotional Cues</p> <p>Strong "negative" emotions such as anger, resentments Blame feelings on others Feel victimized</p>	<p>Emotional Cues</p> <p>Increasing negativity Uncertainty Low level anxiety, worry or fear Feel overwhelmed Lots of different feelings at once</p>	<p>Emotional Cues</p> <p>Happy Contentment Motivated Peaceful Sense of well being</p>
<p>Thinking Cues</p> <p>See things as others' fault See few if any options Either / or thinking Judgments and blaming Negative reactions to opposing views</p>	<p>Thinking Cues</p> <p>Unaware of negative thoughts and judgements Tendency to caught in thought/feeling loops Tendency to focus on the negative</p>	<p>Thinking Cues</p> <p>Open minded Look for new possibilities Positive, goal oriented Proactive Curious Encourage and appreciate multiple perspectives</p>