

Alarm or Survival Mode	Purpose and Drive Mode
Feelings	
Fear, anxiety, panic, worried	Calm, peaceful, grounded, confident, proud
Hopeless	Eager, excited
Lonely	Loved, loving, connected, close
Thoughts about Plans	
This isn't going to work	This is going to work. I can do this.
I'm done	I'm going to try my best and be proud of my effort.
Whatever	This matters to me.
Thoughts about Self	
I'm damaged goods. I suck.	I'm worthwhile
I can't	I can
I suck	I'm good enough, I'm deserving
	I'm deserving
Thoughts about Others	
They can't be trusted	They mean well. They are trying their best.
They are selfish. They don't care.	They want to help. They care.
He's a bad kid	He's having tough feelings
He needs to learn to respect others	He's so alarmed that he isn't thinking about other people.
All these black boys are dangerous.	He's hurting other because he's hurting.
The man is always trying to keep me down.	
Actions	
Aggression	Affection
Avoidance	Connection, Assertiveness
Procrastination	Planning and effort
Blaming Others	Apologizing