

The Alarm

Key Points

1. The alarm scans incoming information for threat.
2. The thinking center makes sense of what's going on, decides what to do and calms the alarm.
3. When faced with traumatic stress, it takes over and remembers for us.
4. The alarm is designed to protect us and is good for immediate danger.
5. When over-activated, it stays on "orange alert."
6. It would rather be safe than sorry so gets easily triggered.
7. It treats all stressful situations as extremely stressful situations.