

# Spectrum of Emotions

Total Submission

“Out of Body”

“Out of Mind”

Fight, Flight, & Freeze

Mind

Mind & Body

Body

**Inactions**

- Numb
- Numb
- Numb
- Numb
- Numb
- Numb

**Feelings**

- Anger
- Hurt
- Happiness
- Cautious
- Vulnerability
- Sadness

**Actions**

- Rage
- Despair
- Mania
- Paranoia
- Anxiety
- Depression