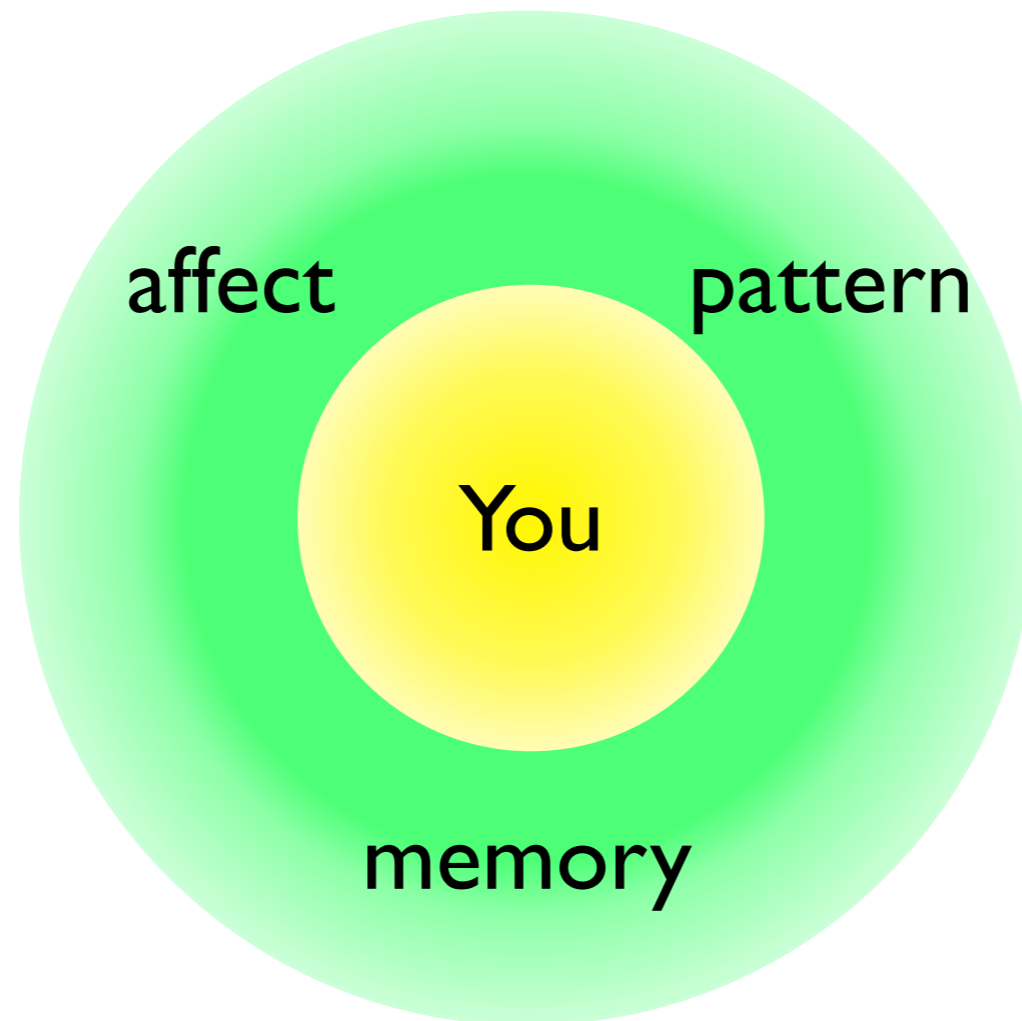
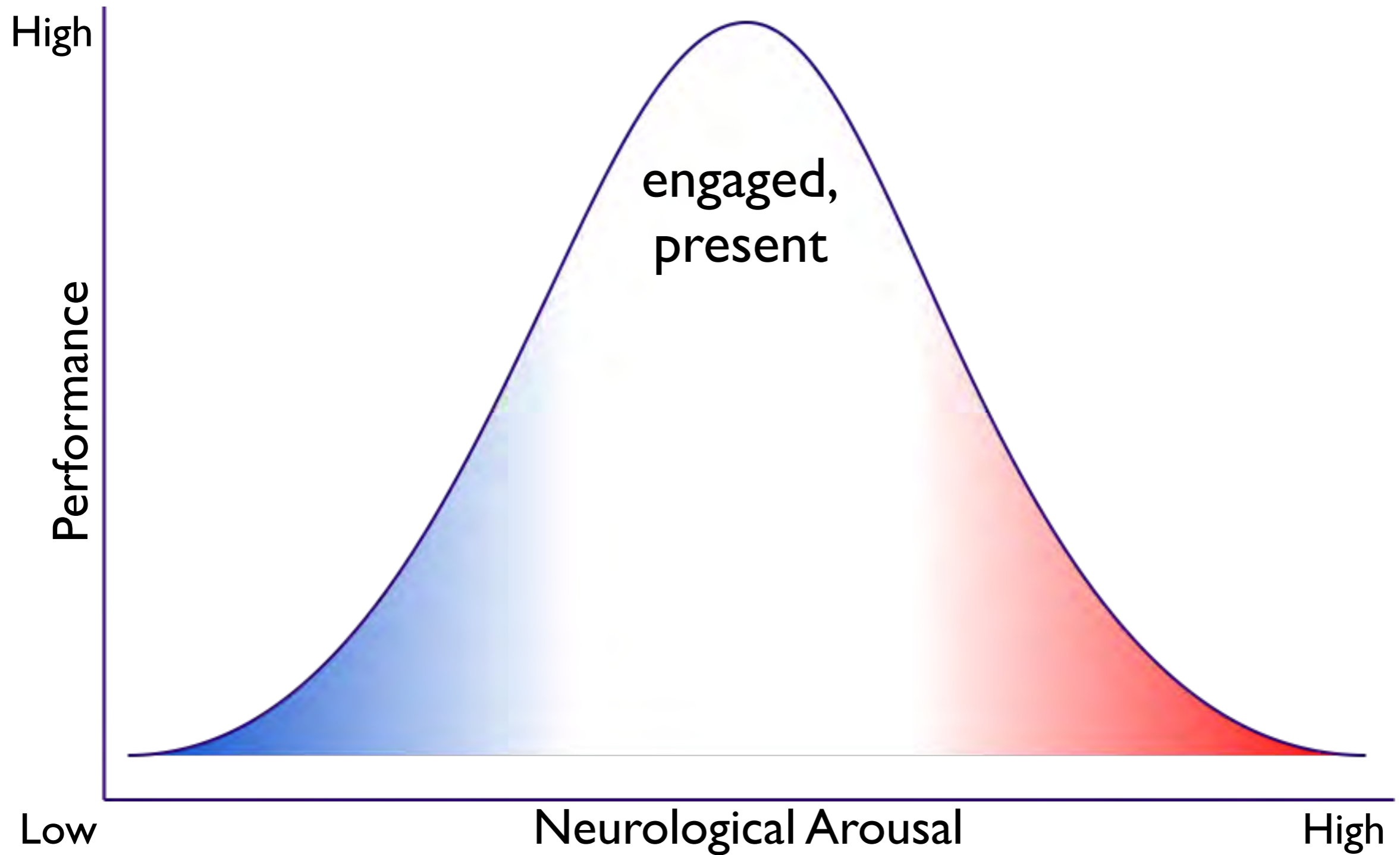


Optimal Zone



Integration and Synergy

Optimal Zone

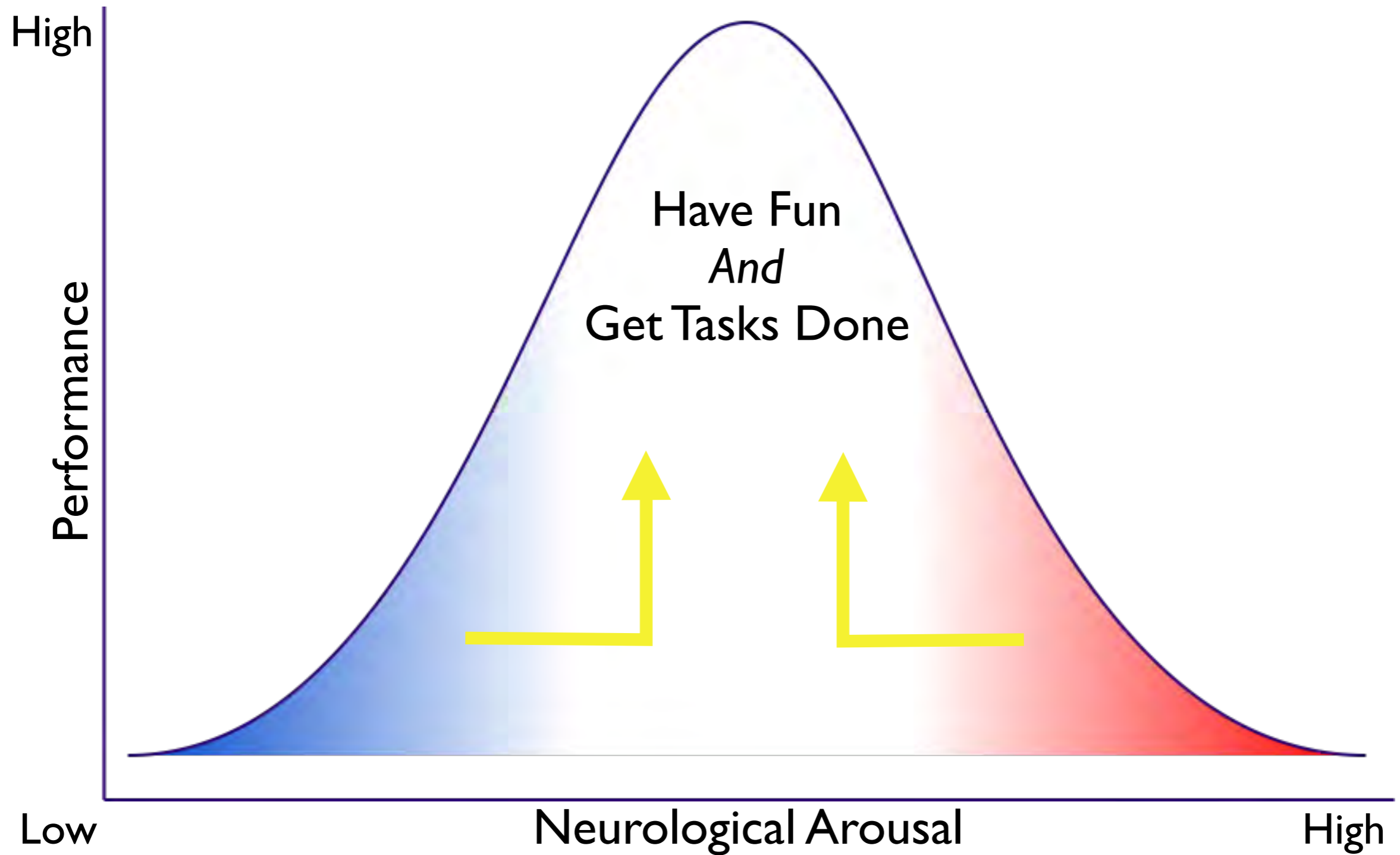


Optimal Zone

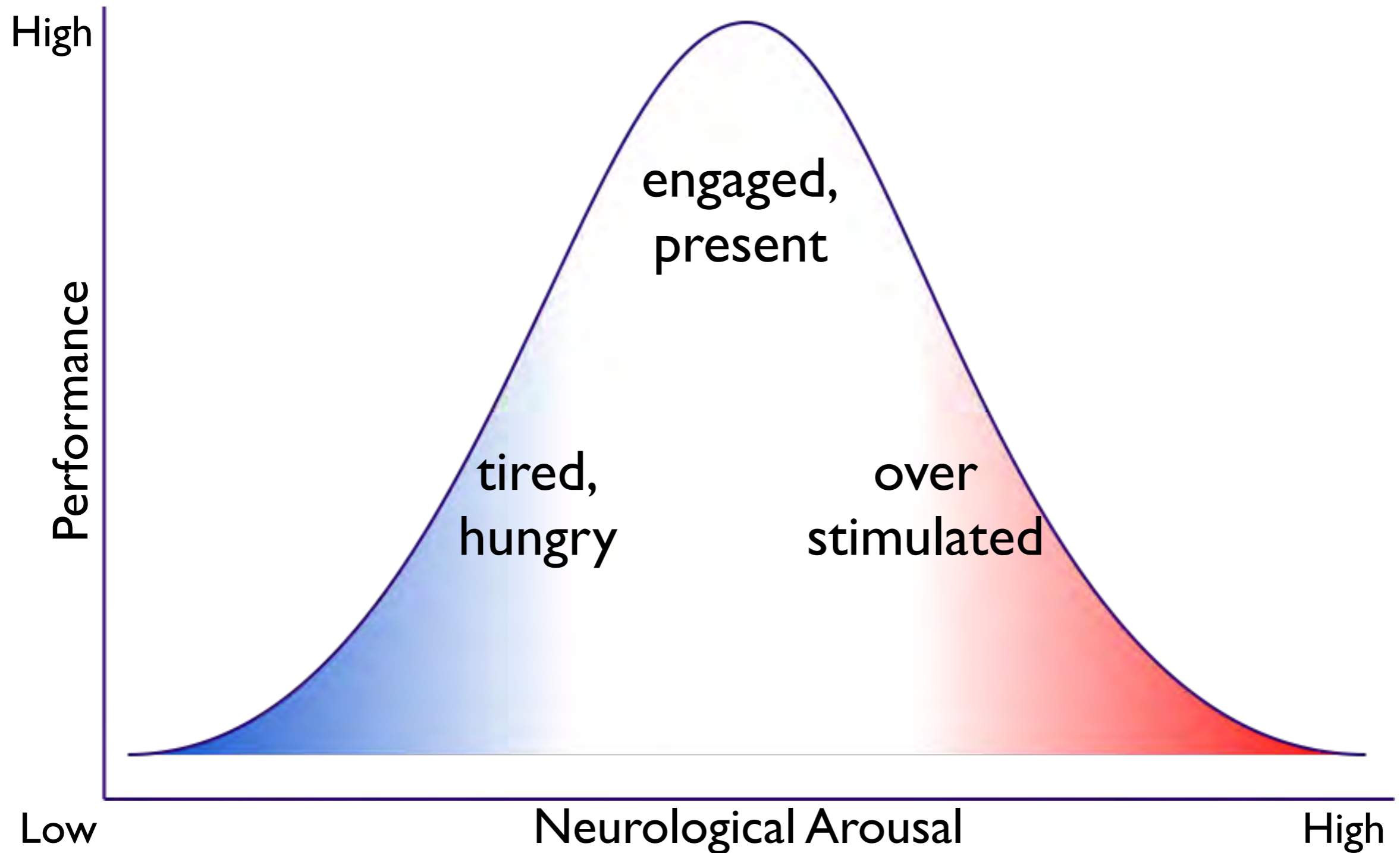
A word cloud featuring various positive adjectives and states of mind. The words are arranged in a roughly circular pattern, with some larger than others. The colors range from light green to dark brown. The largest words are 'engaged', 'productive', 'integrated', and 'present'. Other prominent words include 'creative', 'playful', 'generous', 'responsible', 'empathetic', 'peaceful', 'honest', 'resourceful', 'at-ease', 'forgiving', 'open', 'skillful', 'appreciative', 'tolerant', 'accepting', 'self-aware', 'enthusied', and 'curious'.

respectful
engaged
appreciative
tolerant
creative
generous
resourceful
at-ease
playful
skillful
open
present
productive
integrated
peaceful
honest
enthusied
curious
self-aware
accepting
responsible
empathetic
forgiving

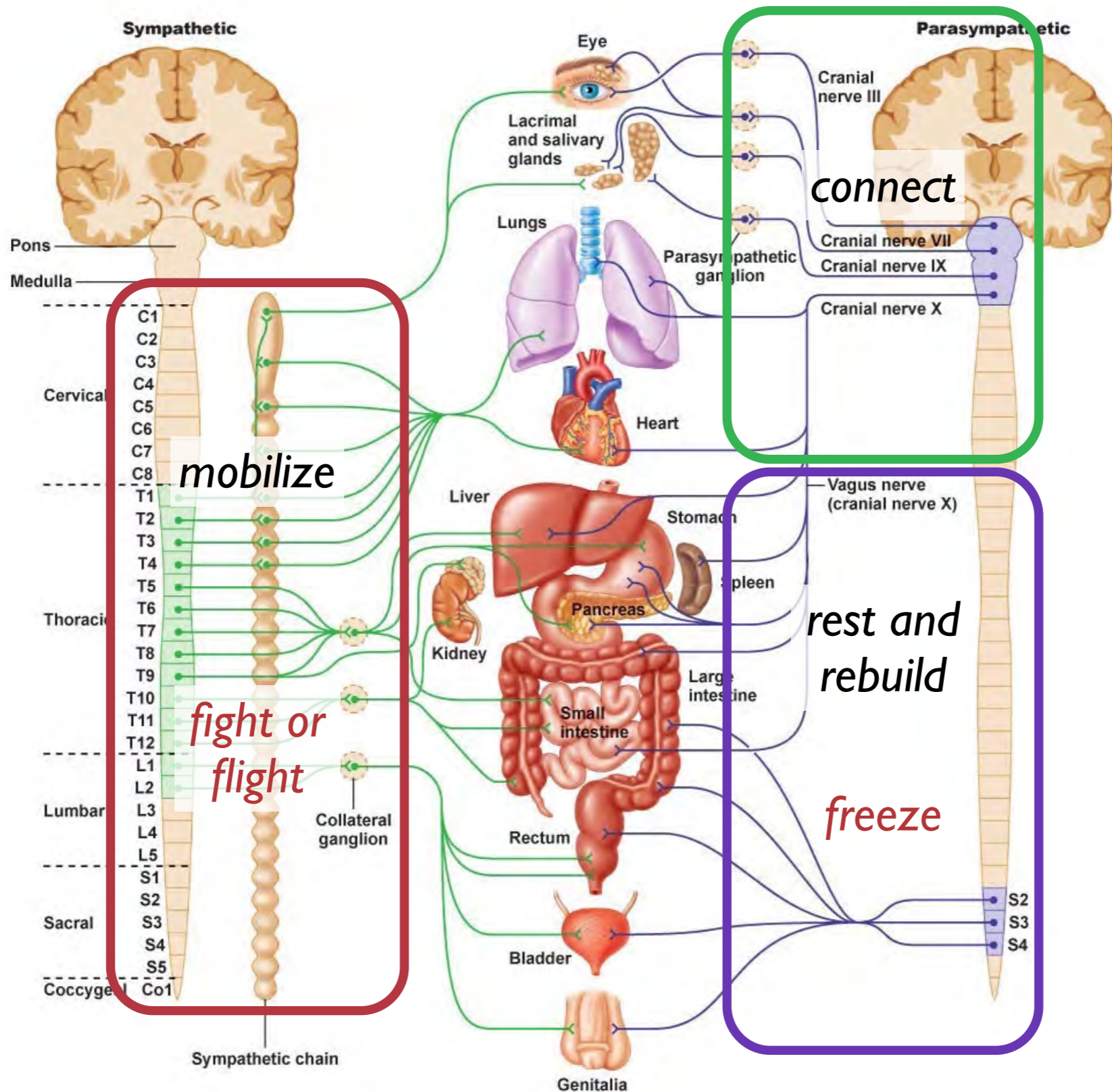
Optimal Zone



Optimal Zone



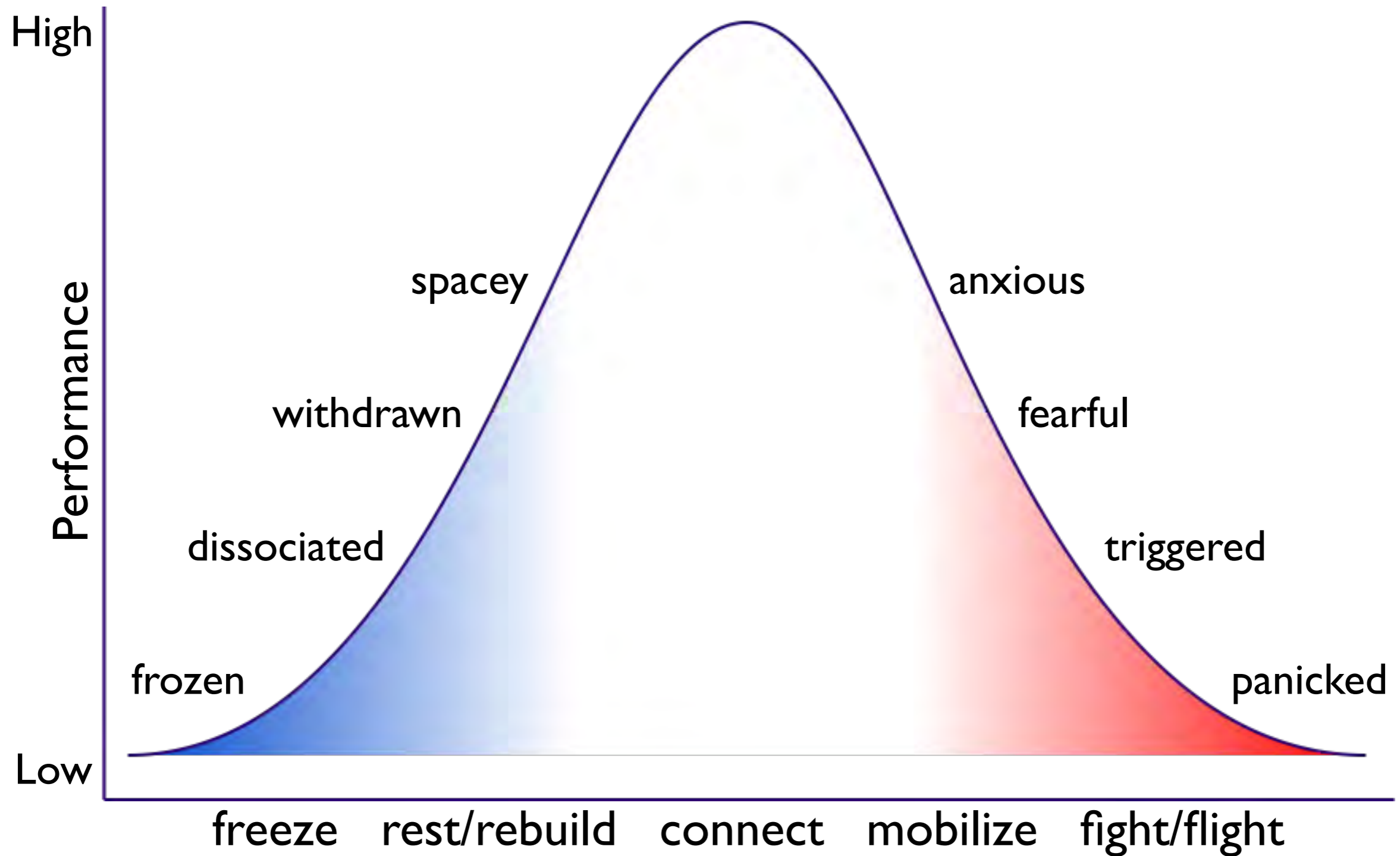
Sympathetic-Parasympathetic



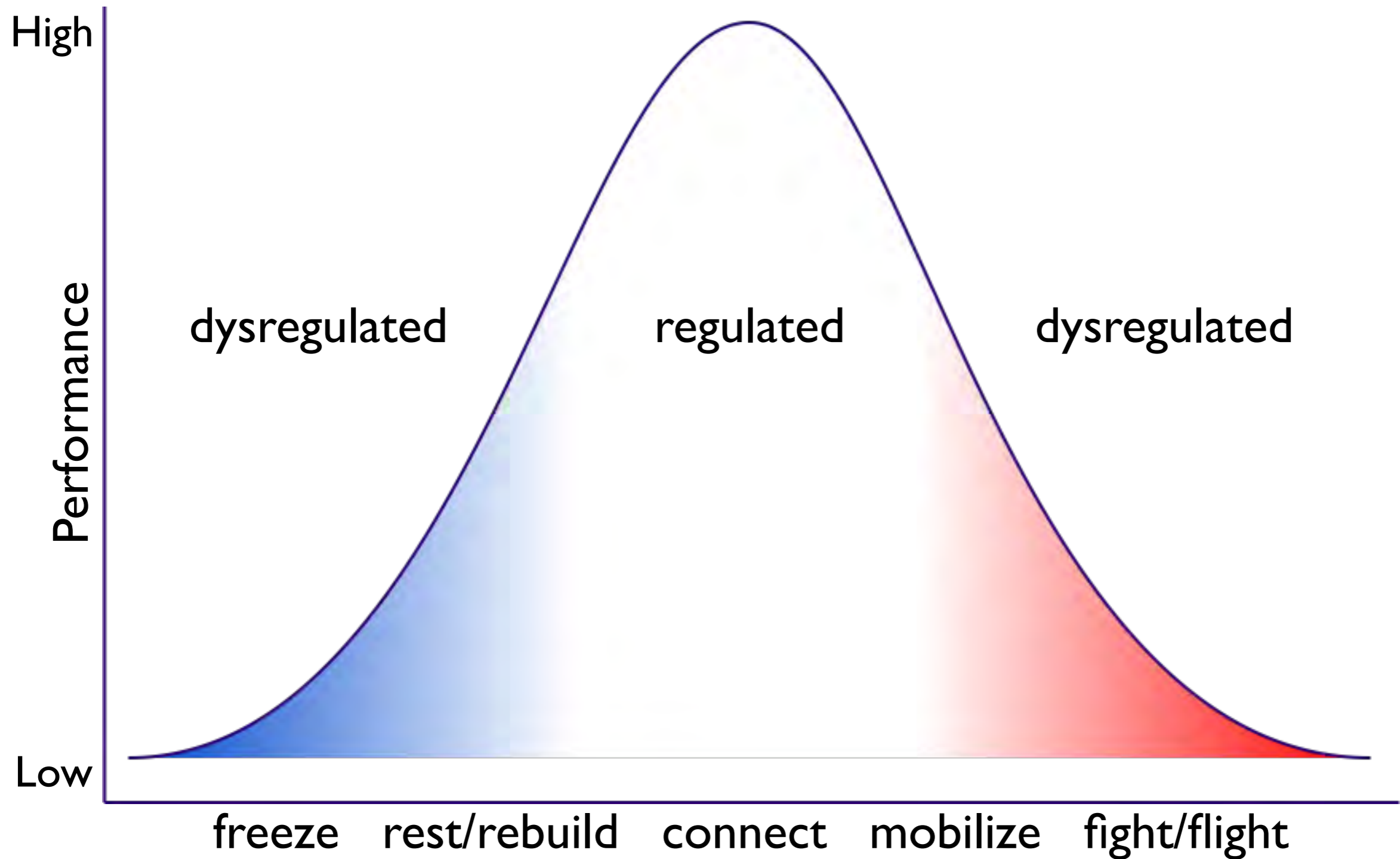
Connection and Affinity

- Hardwired in
- Deep framework for safety
- Guide to decision-making
- Will die for

Optimal Zone



Optimal Zone



Regulation in Infants



Regulation in Infants

Caregiver is	Infant response	Child develops	Kind of attachment	Approx % of adults
responsive	has needs met	self-regulation & empathy	secure	60%
erratic	tries harder	urgency & distrust	anxious-resistant	20%
non-responsive	withdraws	distance & distrust	anxious-avoidant	15%
fearful or abusive	circuits jammed	confusion	disorganized /disoriented	5%

Trauma

- Neurological overload
- If unresolved, leads to habitual defenses
- Persistent defense patterns re-groove the trauma and inhibit resolution
- Even minor stress contributes
- Defenses trigger out-of-proportion reactions, dysregulation

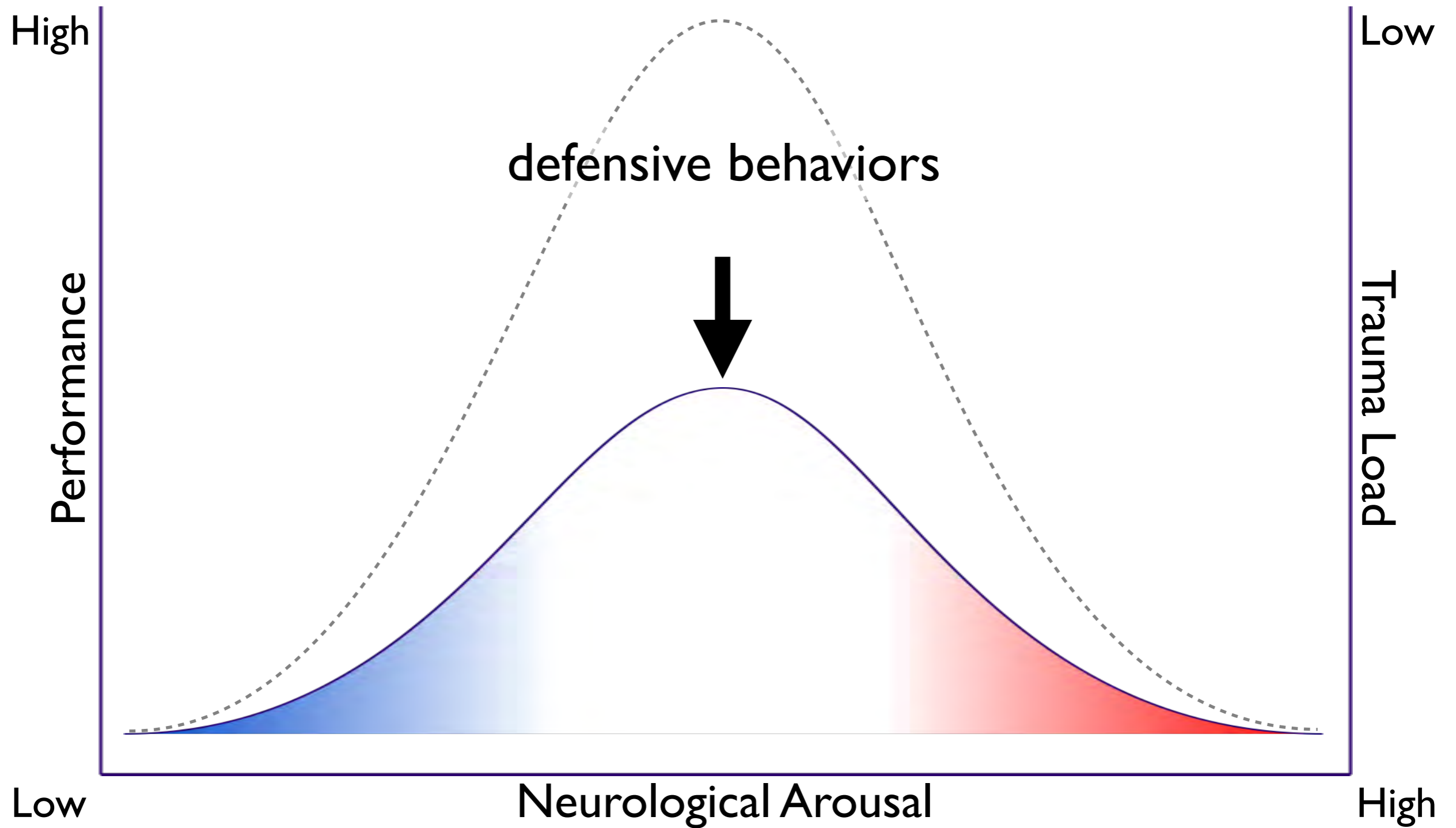
Defensive Behaviors



A word cloud of defensive behaviors. The words are arranged in a roughly circular pattern, with 'Projection' and 'Compensation' being the largest and most central. Other words include 'Dissociation', 'Acting Out', 'Regression', 'Rationalization', 'Repression', 'Transference', 'Displacement', 'Hyper-vigilance', and 'Denial'. The colors range from dark brown to bright yellow.

Dissociation
Projection Acting Out
Regression
Rationalization **Compensation** Repression
Transference Displacement
Hyper-vigilance
Denial

Optimal Zone



Optimal-Zone Hygiene

- Name it to tame it
- Shake it off
- Breathe deep
- Wriggle your nose, lift your cheeks, laugh
- Choose kindness
- Hug, appropriate touch
- Eat or rest if needed
- Anything that releases held stress

Optimal-Zone First-Aid

- Get agreement and shared understanding in a relationship or a group beforehand
- Train before you need it
- Center yourself first, slow down, breathe
- Acknowledge the signal in the trigger and commit to coming back to it
- Connect through empathy, kindness
- Return the focus to the present through breathing, body sensing, contact

Optimal-Zone Healing

- Deeper work benefits from skilled guides
- Needed if you are going to access more of your optimal-zone potential
- Somatic *and* cognitive
- Changes your relationship with your past, present and future

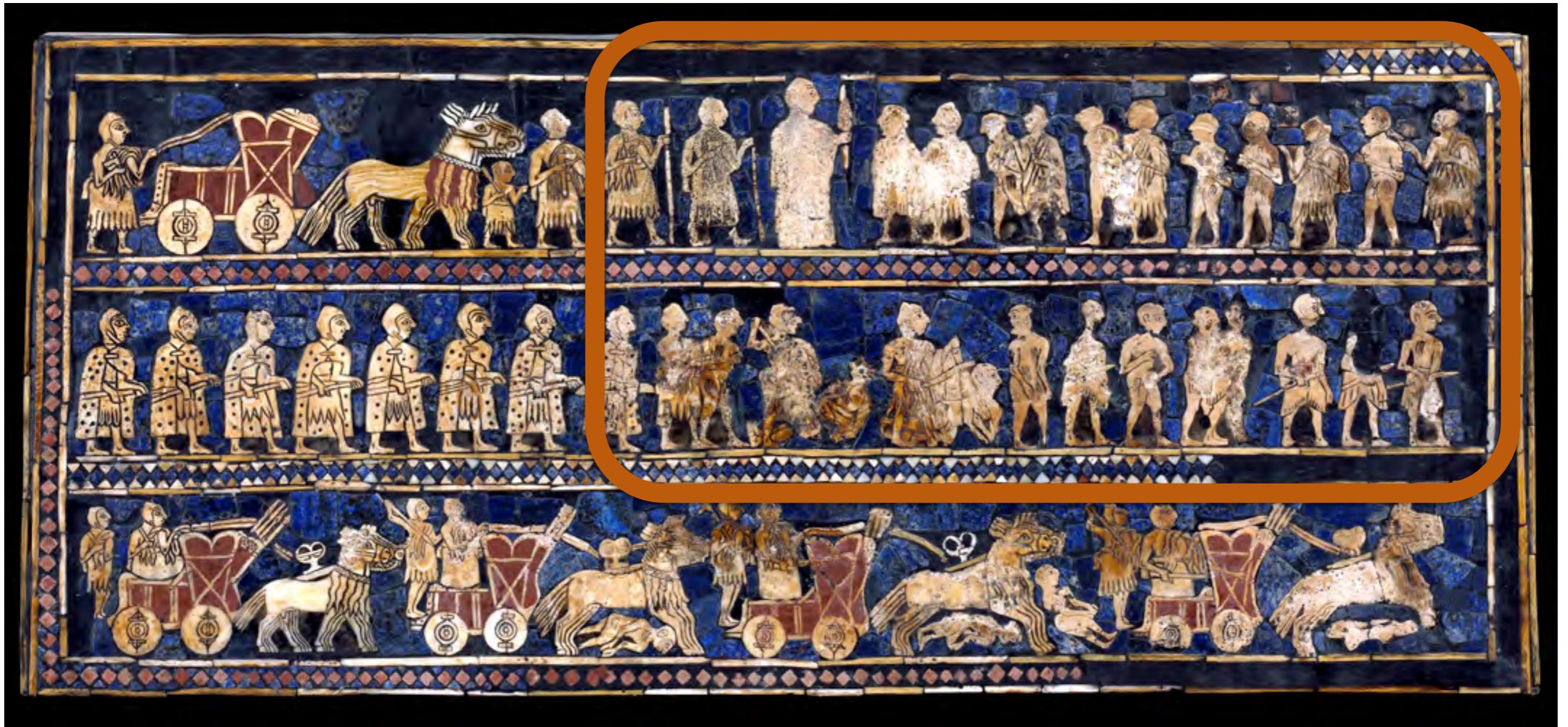
Empire to Planetary

Trauma
Based



Trauma
Resilient

Standard of Ur (war side)



Standard of Ur (war side)



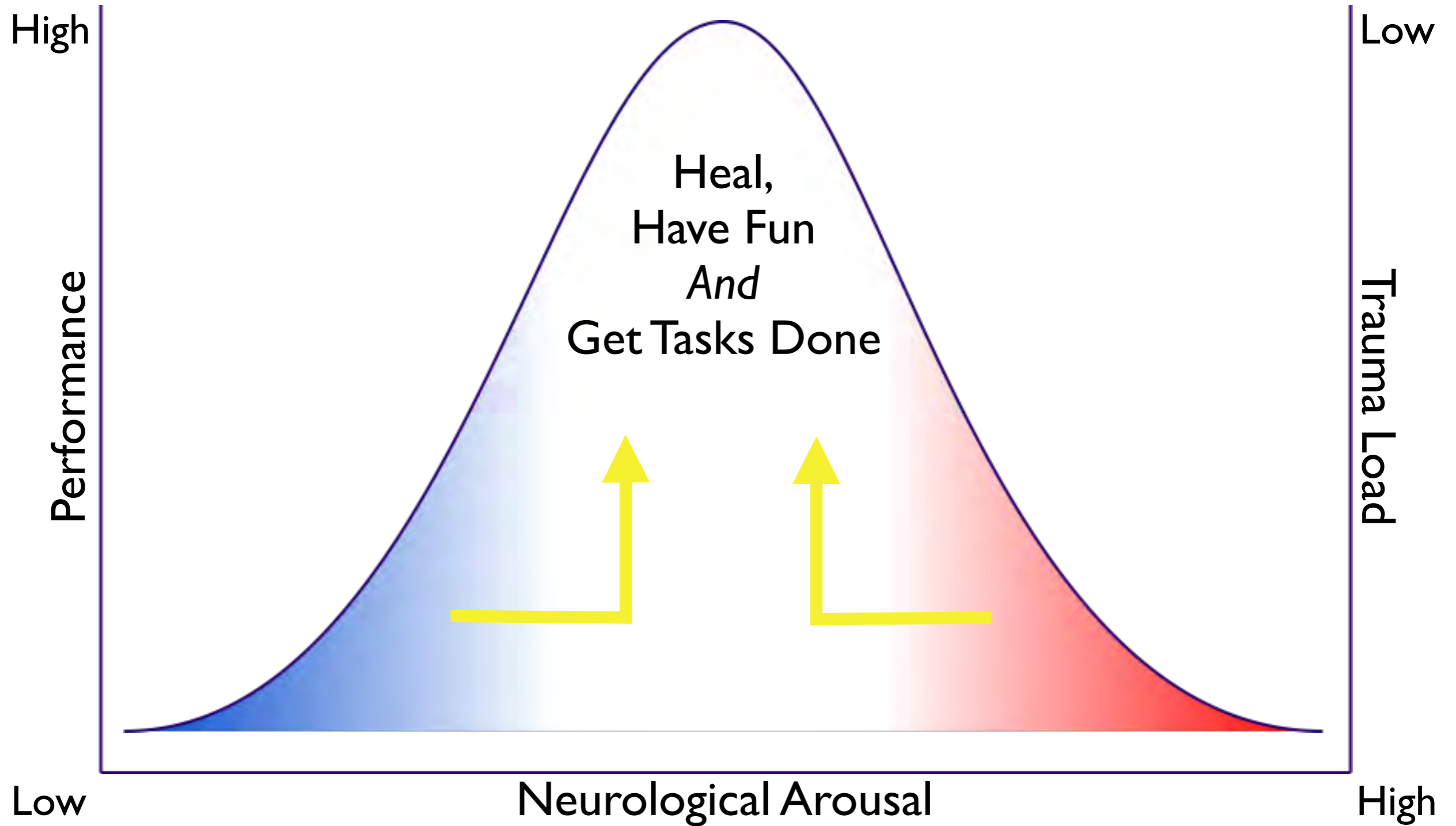
Standard of Ur (war side)



Standard of Ur (hierarchy side)



Optimal Zone





Thank You!

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