

repetition

intention





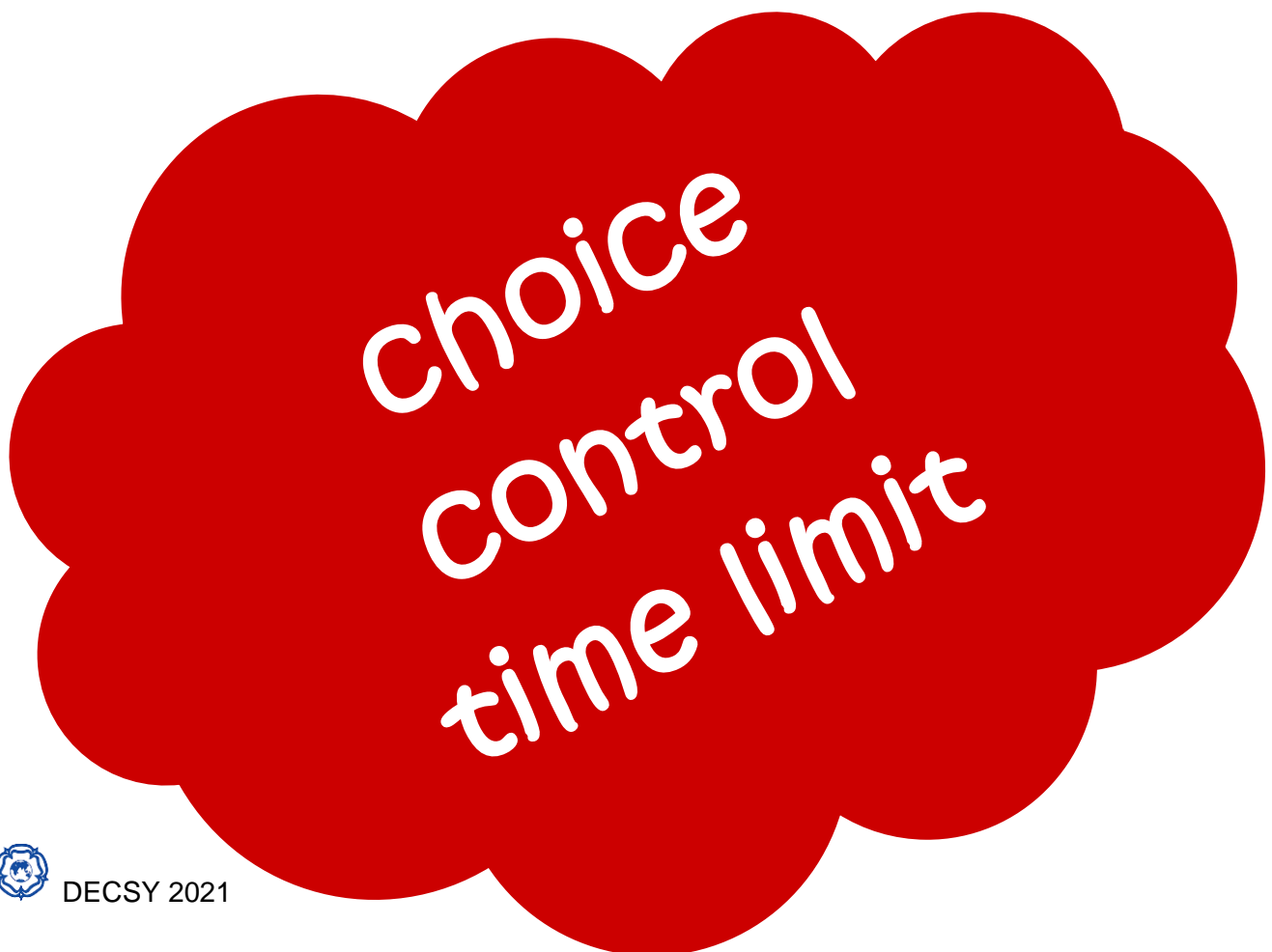
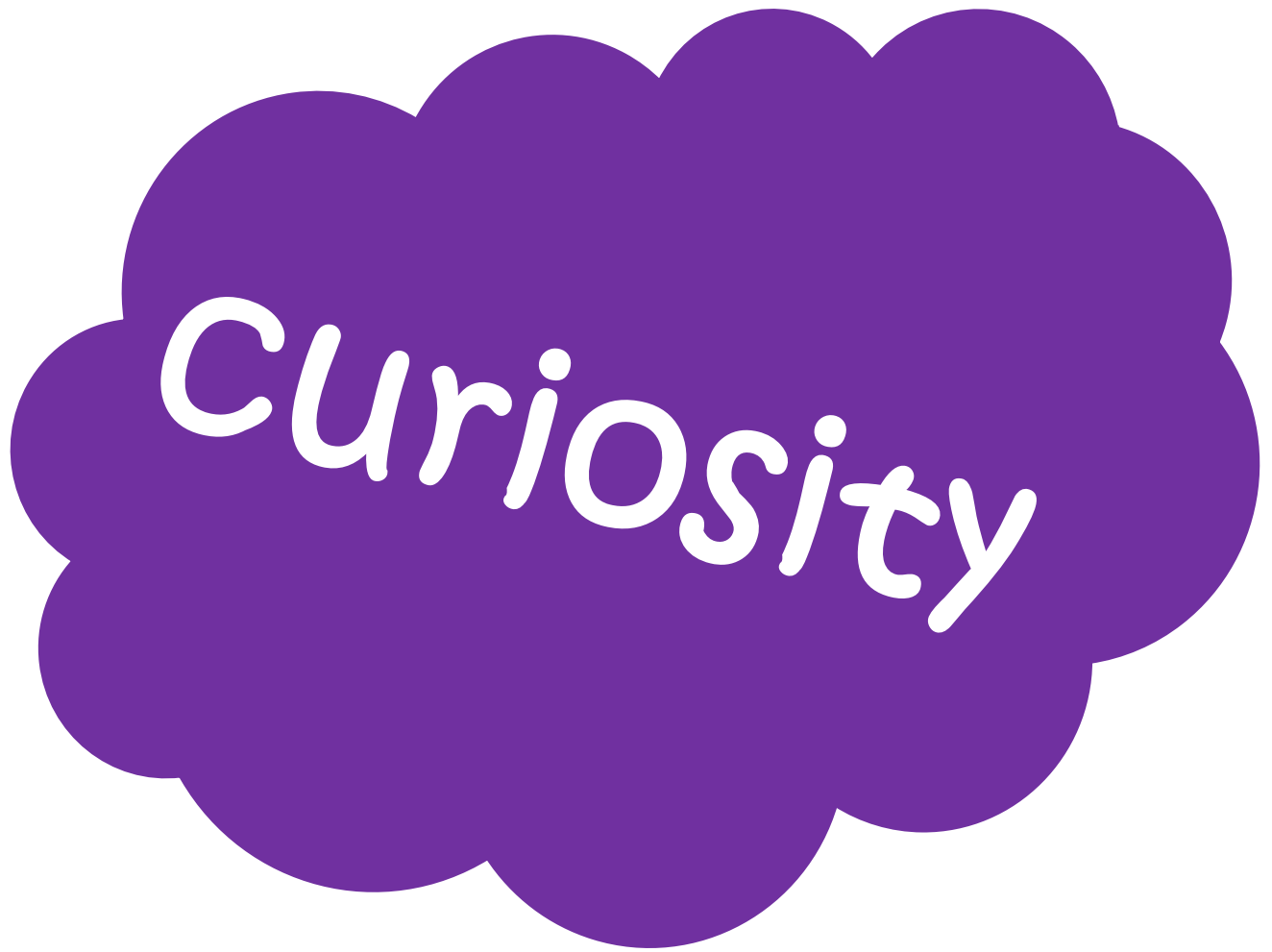


behaviour



thinking





early warning signs

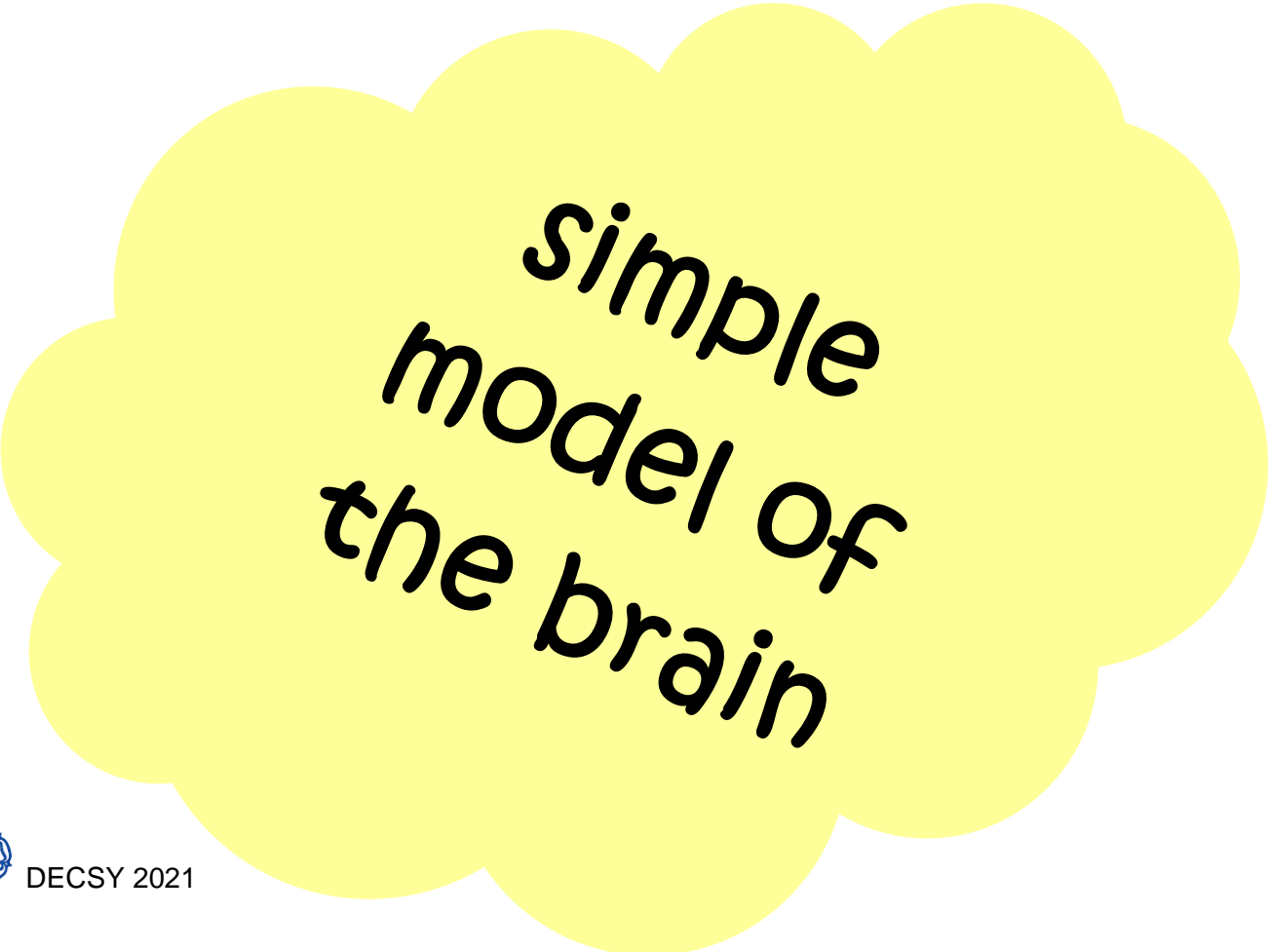
feeling safe
fun to feel scared
risking on purpose
feeling unsafe





feelings

emotional & physical



simple
model of
the brain



**awareness
self & others**

safe place

