

AFFECT REGULATION



"Affect is at the core of our being, a measure of our heart. It excites us and deflates us, connects us and distances us from others. It organizes us and undoes us."

Daniel Hill



Affect is what you are feeling right now on the inside, both physiologically and emotionally.

When you are outside the 4-7 range, your limbic brain has taken over and you have significantly impaired ability to think or to make conscious choices.



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Hypoarousal

Emotions: shame, hopelessness, and/or despair

Sensations: numbness/shutdown, shallow breathing, difficulty concentrating, sleepiness

Regulated (the sweet zone of 4-7)

Emotions: relaxed excitement

Sensations: calm, alert, aware, attentive

Hyperarousal

Emotions: panic, terror, and/or rage

Sensations: racing heart, faster breathing, tightening in the chest or stomach, jitteriness