

## Step 1: Recognizing Survival Mode

### Summaries and Practices for Surviving to Thriving

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#### LESSON 1: SURVIVAL MODE IN NATURE

##### Summary:

1. When threatened, animals and humans go into Survival Mode and instinctively have a fight, flight, or freeze reaction.
2. These Survival Mode reactions keep animals and people safe and connected.
3. Fight, flight, freeze reactions can also occur in humans during day to day stress.
4. Examples of our fight, flight, freeze can be seen in the frenzy around Black Friday and stampedes when there is a sound similar to gunfire.

##### Practices:

All practices will incorporate Thriving Tools which will be designated by an underline. Click on it and you'll go to the fuller description under Tools for Your Journey. These are skills that take time to develop and are essential in truly learning to Thrive and Awaken.

1. Ground & Breathe for 30 seconds about 4-5 times a day...just because. This is the beginning of developing Presence. In the beginning, pause what you are doing. Eventually you can practice while walking, listening, reading, etc.

Summary of Ground & Breathe:

- Stop
  - Take a slow deep breath
  - Feel your feet on the ground, sense the rest of your body & relax tense areas
  - While sensing the body, watch the breath come in and out
2. Do Self-Inquiry into the following:

What stressors bring on Survival Mode for you? Check which reaction you have MOST strongly: Fight, Flight, or Freeze? Add to this list at the end of each night for two weeks. As you record the stressor, you are likely to experience a bit of the reaction. If so, show up for the feeling by inquiring into it.

## Lesson 1: Survival Mode in Nature

Summary of Self-Inquiry:

- Ground & Breath
- Have Compassionate Curiosity. Wonder about what belief or history is getting activated.
- Normalize whatever is emerging, our reactivity is wired into us
- Remember whatever emerges is FOR you to learn from

Stressors	Fight	Flight	Freeze
<i>For example: My neighbor plays music really loud</i>			x

3. Ground & Breathe for 1-2 minutes when experiencing the fight, flight, freeze reaction. You can extend this longer if helpful. Initially, the reaction may be experienced more intensely because you are paying attention to it. Eventually, there is a calming effect.