

Thriving	Opposite-"Death"	Brain Level	Brain Function	Result When Distressed	Pain	Healing Need	Interventions
Belonging (Level 1) (subconscious)	Insecure Attachment Do I have a secure or insecure attachment?	Attachment Center (Thalamus) Who or what is important to me?	Bonding, attaching, who or what is important to me, belonging, to draw close to someone or be alone Attachment light--off & on	Attachment Pain--worst pain I can feel. Avoiding Attachment Pain leads to addictions.	I feel alone. Painful existence loss, isolated, not belong	Secure attachments--two bonds for life. Best is man & woman. Secure feels safe, no performance, known, not alone.	Immanuel Process, Identify AP, Secure bond with Jesus, take pain to secure person. Face AP, deal with addictions and learn to suffer well I need two bonds for life. I need RCs on.
Receiving & Giving Life (Level 2) (subconscious)	Self - Centered Can I approach others or do I avoid others?	Evaluation Center (Amygdala) What is good, bad & scary?	Good, bad or scary, approach or avoid, life giving or not, guard shack, warns when to fight or to flee	Live in fear and just want pain to stop. Lower level abuse over time can cause traumas. Fear runs the life. Person avoids Big 6 emotions	I feel disconnected & afraid. Pervasive fear and non relational. RC's are off. dread, no words, withdraw	Someone to keep me emotionally connected in spite of pain, and ability to keep memory conscious A fearless brain to help me.	I can do the body exercises, do appreciation do the Immanuel Process, I need a person who has L3 skills with high capacity to move me up the Control Center. Jesus can be the one. Words don't help. I need RCs on. Doing appreciation helps.
Synchronizing Sharing states of mind. Return to Joy, (Level 3)	Loss of Synchronization Can I return to joy from the Big Six? Anger & fear energize, other 4-emotions are downers.	Sharing Center (Cingulate) I share minds, energy, peace, joy & distress: return to joy	Learns personal space, tracks eye movement, dance, knows empathy, true joy, synchronizes upper & lower parts of the brain, detects lying, synchronize upper & lower sections, download synchronizing, building joy & quiet, building bond with infant	Level 5 and Level 4 shut down. I lose their functions, fear runs the life.	I feel overwhelmed. I have continuing distress. Big Six--anger, fear, sad disgust, shame, hopeless Cant think, disorganized bad choices	Someone to be glad to be with me return to joy (relational) while I am feeling negative emotions (Big 6) I need validation and comfort. I need a trained brain to teach me lacking brain skills. I need to feel accepted, hopeful.	Can do body exercise for RCs on, appreciation Someone to synchronize & help me return to joy. Feeling, talk, active listening, worship music, dance, face to face communication, 12 step programs, listen to and tell 4+ stories about the Big 6. Download from a bigger brain(L3) Words do not help. Tone, non-verbal, etc.
Maturity (Level 4)	Immaturity Can I act like myself & stay relational during strong emotions?	Joy Center (Pre-frontal-cortex) My attention to the world Joy capacity 35% of the adult brain	3-way focus, calm, focus, act myself, impulse control, goal directed behavior, functions for relating well & living life, personal preference, attention & emotional regulation, creativity & personal identity, handle distress, moral & social behavior, helps calm Evaluation Center and overrides the opinions of bad and scary. When brain desynchronizes--we lose these.	I lose ability to act like myself, RC's are off, drop to a lower maturity level and lose the functions of L4 and L5	I've lost who I truly am. Loss of focus, loss of complexity, now reactive	Act like true self during intense emotions, see model of how to act & be satisfied with how I handled the situation I need community to help me mature	Immanuel Process, community help to mature after identifying lacks, L4 non verbal stories, journaling, interactive quieting / remediation of aggression with a man, build joy with a woman, learn to quiet with a woman. Calm and reset brain with body exercises and/or appreciation.
Knowing my Heart Live from Heart (Level 5 or 4+)	Living by the Flesh Do I know my heart? Do I have a coherent ID?	Logic Center--Left side (Left & Right Hemispheres should work together. My explanations of my life.	Language & story telling, logic, reasoning, explaining, words. Can stay in Left side, intelled in order to avoid emotions.	Shuts down, de-synchronized, words are gone, cannot communicate - words do not help. Cannot explain ourselves, aren't able to focus well (creates internal conflict), can't tell a story about past.	I just don't understand. Confused. Internal conflict, Incoherent ID, Faulty conclusions. Cant walk what I talk. Not who I think I am.	I need to make sense of the painful experience (God's perspective) and information will help. I need internal and Spiritual truth. Know what satisfies.	Immanuel Process, Jesus can help me see how things fit, truth sets me free. If sympathetic responder find God in something active. Parasympathetic can find Him in the quiet. Work on maturity lacks.

I can feel the pain w/out desynchronizing-

that is suffering well.

Process traumas thru all 5 levels

Healing frees me to grow again.

Addictions: **BEEPS**

Behaviors, Experiences, Events, People, Substances