



WHAT'S THAT?

MY MOOD MAP

Y'all know the feeling of when you are **super salty** about something, then someone tries to **help**, and legit makes you **wayyy more salty** because they're helping in the wrong ways. Let's see if we can get ahead of that. Work your way up each column in completing your Mood Map!

	EMOTIONAL STATE	HOW THIS LOOKS FOR ME	HOW I CAN HELP MYSELF	HOW <u>OTHERS</u> CAN HELP ME
TRAUMA	TERROR  When I'm in this state, I'm going off pure reflexes. I might be fighting or even have fainted			
	FEAR  When I'm in this state, I'm going completely reactive. I might be running away or dissociating			
STRESS	ALARM  When I'm in this state, I'm very emotional. I might be resisting , or even complying to get it over with			
	ALERT  When I'm in this state, my thinking is very rigid. I might be looking to others or avoiding			
COMFORT	CALM  When I'm in this state, I am able to think clearly. This is when I can be creative and daydream			