



(LOW STRESS) OVERSTRESS/CONTROL (ACCEPTANCE) This is where we use problem solving and control effort to remove or avoid the source of distress.

(MILDLY) (MODERATELY) (PROFOUNDLY) (EXTREMELY) (OVERSTRESS) This is the stage where the problem solving and control effort methods have not worked or we use more harmful means to remove or avoid source of distress.

(ACCEPTED) (PROFOUND) When we reach the point where previous strategies to remove the source of distress/pain have failed we have to use strategies that allow the body to calm down so we can reflect and perhaps come up with better methods or simply stay on track. This may include pacing, breathing slowly, using relaxing things or just taking a break.

ACCEPTANCE (PROFOUND) In many situations there comes a point where we must accept that we do not have the strategies to reach our goal at this time. Acceptance means changing our goals to better back better prepared/ready or accept this is important at this point so it get your outcome.

(OVERSTRESS) The wanting to remove source of distress drops. Your ability to calm your body has failed so due to lack of skills or the situation is too much, we become overwhelmed by the discomfort/pain and emotion. These are the moments where we take "hot breath" with our situation and just want to feel better again. In response from this is where we will protest, let us the ground, run off or even break something. The goal is no longer about the source of distress -- it is just to get off the situation out.