GEARS & SURVIVAL RESPONSE

VOLUME

maximise/ hyper- ventilation 100

arousal increases (gear system)

COMFORT/ BALANCE 0

survival response becomes stronger/ more intense

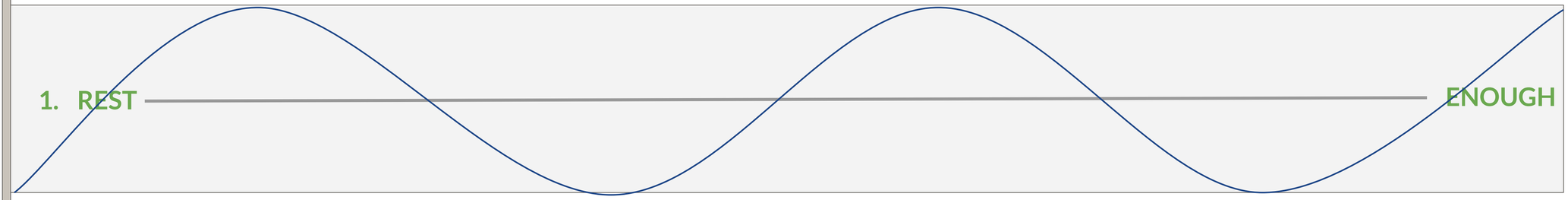
minimise/ hypo- ventilation -100

EXPERIENCE/SENSATIONS (STATE)

5. flight
4. fight
3. flow
2. calm

WAY MORE THAN ENOUGH

BIT MORE THAN ENOUGH



NEARLY ENOUGH

EXPERIENCE/SENSATIONS

1. stimulus to breathe > discomfort > nice to breathe more
2. air hunger > stress > need to breathe more
3. out of breath > fear > feeling of suffocation

RECOVERY EXERCISE

switch from:
1. > 0
2. > 0
3. > 0

NOT ENOUGH