



## RED ZONE

*When the discomfort & issues are too triggering and flood you with emotion, fear & anger.*

- Lose access to choices
- Frequently in fight, flight & freeze states
- Emotional dysregulation
- Acting out & numbing out

## ORANGE ZONE

*When the discomfort is about stretching, learning & growing in ways that **expand your capacity and make you stronger.***

- Uncomfortable, but with a worthy vision
- Skills development
- Insight development
- Unpacking old patterns
- Leaving behind dysfunctional old habits and embracing new practices
- Grappling with self & other
- Getting around doing the work

## GREEN ZONE

*When relationships are grounded in mutual care, trust, awareness, and self-responsibility leading to growth, discovery and exploration for all parties.*

- Interdependence
- Equality
- Partnership
- Co-creation
- Both people matter
- Everyone matters
- Relaxed, playful
- Deep, meaningful