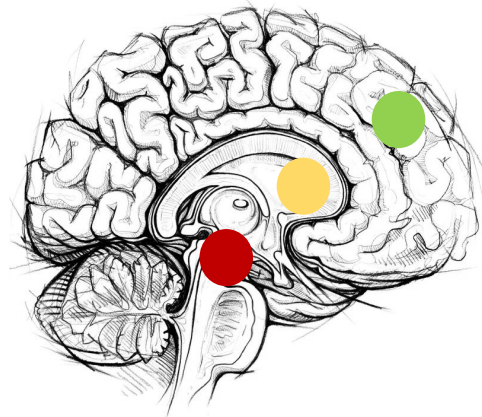


If Not in the Zone for this Exercise

Distractible
Self-conscious
Agitated
Nervous
Awkward
Frustrated

Normal Experiences
that may happen during
Composure Training



If Regulating Down is Happening

Relaxed
Focused
Calm
Curious
Peaceful
Excited

Other types of experiences

If you border on a sleepy/dream state

Awareness of the outside world walls away
Feeling of cosy, bliss 😊
Feeling of floating
Drifting into random images
Parts of the body feel small or large

If the blood-pressure drops

Cooler
Light-headed or Tingles

If really relaxed, a little tired

Sleepiness or falling asleep