

Rainbow Map® Aide-Memoire

| | Emotions? | Thoughts? | Sensations? | Behaviours |
|-------------------|--|--|---|--|
| Triggering Up → | 2? I feel consumed by: rage, fury, hatred, loathing, fear, dread, disgust, anguish, misery, disgrace, pity, insecurity, uncertainty...? | 4? My typical styles of thinking might include: catastrophising, paranoia, volatility, condemning self/others, turmoil, fixation...? Examples of typical thoughts? | 6? Head, Jaw, Mouth, Throat: Pulsating, taut, constricted, parched...? Shoulders, Chest: Rigid, exploding...? Breathing panting, heaving...? Heart: pounding...? Stomach: cramping, twisting...? Muscles: bursting...? Skin & Temp: clammy, boiling...? Energy: explosive..? | 8? Your reflective mind is largely shut down and your reactive brain and body drive compulsive behaviour. What spoken and/or physical mannerisms / habits / addictions / actions do you start / stop / increase / reduce / avoid doing? |
| | 1 I feel increasingly: angry, frustrated, agitated, resentful, defensive, overwhelmed, pissed off, frightened, insecure, anxious, disgusted, rejected, let down, confused, ashamed, humiliated, exposed, ignored? | 3 My typical styles of thinking become increasingly: pessimistic, critical, suspicious, untrusting, judgemental, inflexible, spiralling, narrow, repetitive, resigned...? Examples of typical thoughts? | 5 Head, Jaw, Mouth, Throat: buzzing, clenching, closing, grinding, dry...? Shoulders, Chest: Rising, heavy...? Breathing: holding, faster, erratic...? Heart: beating, thumping...? Stomach: tight...? Muscles: energised, stiffening...? Skin & Temp: clammy, warm...? Energy: rising, volatile..? | 7. Your reactive brain and body drive increasingly compulsive behaviour as the moderating influence of your reflective mind declines. What spoken and/or physical mannerisms / habits / addictions / actions do you start / stop / increase / reduce / avoid doing? |
| Untriggered |  I typically feel: protected, secure, supported, centred, empowered, purposeful, confident, happy, loved, mild peaceful, fulfilled, contented, connected, empathy, safe, at ease, aligned....? |  My typical styles of thinking include: openness, creativeness, reflection, optimism, forgiveness, tolerance, consideration, reflectiveness...? Examples of typical thoughts? |  Head, Jaw, Mouth, Throat: relaxed...? Shoulders, Chest: relaxed, easy...? Breathing: steady, rhythmic...? Heart: unobtrusive...? Stomach: comfortable...? Muscles: relaxed...? Skin & Temp: ok...? Energy: controlled..? |  Your reflective mind is available, and you feel able to exert influence and choice over the behavioural options your reactive brain and body generate. What spoken and/or physical mannerisms / habits / addictions / actions do you start / stop / increase / reduce / avoid doing? |
| ← Triggering Down | A I feel increasingly: rejected, defeated, frightened, vulnerable, defensive, despondent, overwhelmed, lost, lonely, isolated, dejected, ashamed, humbled, reticent, guilty, forgotten, deflated...? | C My typical styles of thinking become increasingly: pessimistic, negative, critical of self/others, defeatist, narrow minded, untrusting, repetitive, inflexible...? Examples of typical thoughts? | E Head, Jaw, Mouth, Throat: slack, loose...? Shoulders, Chest: slumped, sagging, empty...? Breathing: shallow, intermittent...? Heart: unobtrusive...? Stomach: queasy...? Skin & Temp: crawling, cooling...? Muscles: weak, sluggish...? Energy: low, insufficient..? | G Your reactive brain and body drive increasingly compulsive behaviour as the moderating influence of your reflective mind declines. What spoken and/or physical mannerisms / habits / addictions / actions do you start / stop / increase / reduce / avoid doing? |
| | B? I feel consumed by: apathy, desperation, paralysis, isolation, self-loathing, contempt, revulsion, bereavement, heartbreak, humiliation, disgrace...? | D? My typical styles of thinking might include: paranoia, catastrophising, hopelessness, confusion, disorientation, condemnation of self/others, total avoidance, total fixation, constant looping, rejection of self.....? Examples of typical thoughts? | F? Head, Jaw, Mouth, Throat: numb...? Shoulders, Chest: collapsed, caved in...? Breathing: laboured, shallow...? Heart: unobtrusive...? Stomach: nauseous...? Skin & Temp: senseless, cold...? Muscles: feeble...? Energy: depleted...? | H? Your reflective mind is largely shut down and your reactive brain and body drive mainly compulsive behaviour. What spoken and/or physical mannerisms / habits / addictions / actions do you start / stop / increase / reduce / avoid doing? |