

“I don’t know what happened,
it came like a wave”

A1: Activating Event—

Something happens

A2: Awareness—

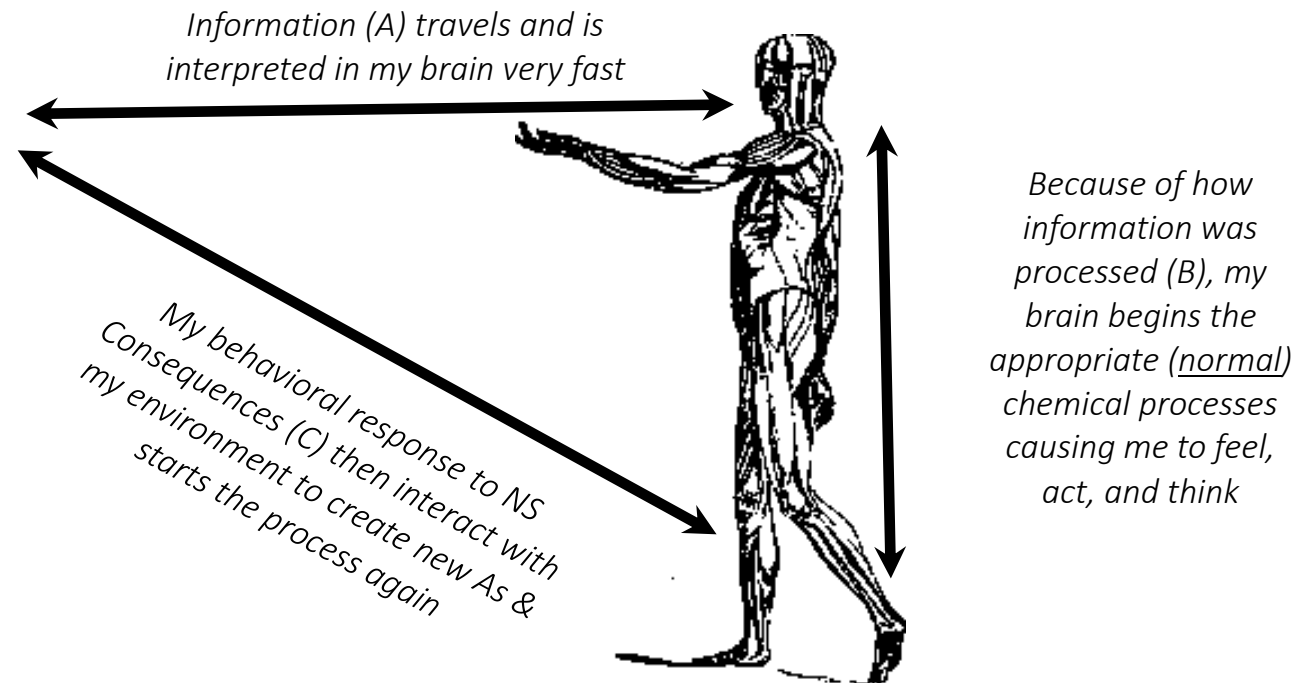
*I become aware of what
my body is doing*

*(Events and awareness exist w/in
the context of various sociocultural
variables including social injustice,
gender roles, family of origin, etc.)

B1: Brain from the Bottom-Up—
My brain makes sense of it w/o me knowing it

B2: Brain from the Top-Down—
*My brain collects more information and begins to make
sense of it while I begin to make decisions about it*

*(Brain processing exists w/in the context of various factors including implicit
associations, existing schema, primary modes, brain development & activity, and
genetic and epigenetic dispositions)



C1: Consequence (Nervous System)—
My body does what my brain tells it to do

C2: Consequences (Nervous System)—
My body does what I, via my brain, tells it to do

*(Consequences exist w/in the context of physical development and physiological functioning)