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| Level | category | Words on circle |
| 1 | Conceptual/symbolic out of awareness place of knowing | Past experience  Implicit memory  Schema |
| 2 | Polyvagal- neurocept threat for defense & survival | Dorsal vagal- disconnect (no energy)  Sympathetic-fight/flight (energy) |
| 3 | Polyvagal-neurocept cues of safety | Ventral vagal - connection  Coregulation  Social connect |
| 4 | Sensory | Interoception  5 Senses Perception |
| 5 | Environmental context | Weather  Indoor/outdoor  # horses  Grass-grazing  Non-grazing |
| 6 | Horse Polyvagal- neurocept threat for defense & survival | Horse Dorsal vagal- disconnect  Horse Sympathetic-fight/flight |
| 7 | Horse Polyvagal-neurocept cues of safety | Horse Ventral vagal  Horse Social connect  Horse Coregulation |
| 8 | Horse or Human behavior | Move toward  Offer to connect  Reciprocity  Non-reciprocity  Intrusive  Move away |
| 9 | Cognitive awareness | Thoughts in images  Embodied-gestures  Conceptual metaphor  Words/labels  Explicit memory |
| 10 | Interpretation | Metaphors  Narrative  Plot  Story |
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| Back: | TLT | Disorienting dilemma  Reflection/Non-reflection  Questioning assumptions  Confirm status quo |
|  | Kolb | Experiencing (in session)  Reflecting  Thinking (out of session) |
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