

APPENDIX

TYPES OF LOW ENERGY RESPONSES

Distinguishing simple enemy mode from other muted responses

RELATIONAL CIRCUITS (RCS) AROUSAL ISSUES

TYPE	DESCRIPTION
SIMPLE ENEMY MODE	
The Suppressed Response Spectrum	A lack of energy in response to others (Level One) is accompanied by a non-pleasurable tone (Level Two) about connecting. Some justification of the negative response is often mentalized (VLE) but not always expressed. If the response is energized or amplified, something that Level Two considers BAD will become energized as well. The motives attributed to others will be negative in some way. Occasional episodes of simple enemy mode are easily recognized, but those with chronically low joy may be completely unaware.

ESCAPING ENEMY MODE

<p>The Untrained Response Spectrum</p>	<p>Person with a well-trained relational system uses emotions to improve their relationships. Many people enter simple enemy mode when facing one or more of the six non-pleasurable emotions hardwired in the brain. These emotions are: sadness, fear, anger, disgust, shame, and hopelessness. The trigger emotions produce a “not on my side” reaction and may even escalate into saying and doing stupid things.</p>
<p>NON-ENEMY MODE</p>	
<p>The Fatigued Spectrum</p>	<p>Depleted physical and emotional energy, whether momentary or prolonged, deadens the response to others. However, if the person regains energy, a joyful response emerges. Lack of sleep, illness, exertion, prolonged work, and even too much fun can drain the energy available and mute the RCs. This response is not enemy mode, but it creates a heightened potential for misunderstanding.</p>
<p>The Impaired Spectrum</p>	<p>Traumatic brain injuries, autistic spectrum, strokes, concussions, loss of oxygen, high fevers, diseases, and toxins are some of the causes for impaired responses from the RCs. While these may result in non-pleasurable emotional reactions, the individual’s ability for social engagement is limited.</p>
<p>The Unregulated Spectrum</p>	<p>An energetic, somewhat louder, and positive engagement with others with little regard for the context (places people are generally quiet) or degree of familiarity. Familiarity generally strengthens this response.</p>

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