## Effective Emotional and Functional Age

<table>
<thead>
<tr>
<th>Age</th>
<th>15-30</th>
<th>8-15</th>
<th>3-8</th>
<th>1-3</th>
<th>0-1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stage</td>
<td>ADOLESCENT TO ADULT</td>
<td>CHILD TO ADOLESCENT</td>
<td>TODDLER TO CHILD</td>
<td>INFANT TO TODDLER</td>
<td>NEWBORN TO INFANT</td>
</tr>
<tr>
<td>Adaptive Response</td>
<td>REST</td>
<td>VIGILANCE</td>
<td>FREEZE and/or Social Engagement</td>
<td>FLIGHT and/or Social Engagement</td>
<td>FIGHT</td>
</tr>
<tr>
<td>Observable Response (Hyperarousal Continuum)</td>
<td>REST</td>
<td>VIGILANCE</td>
<td>RESISTANCE Arguing/Crying</td>
<td>DEFIANCE Tantrums</td>
<td>AGGRESSION</td>
</tr>
<tr>
<td>Observable Response (Dissociative Continuum)</td>
<td>REST</td>
<td>AVOIDANCE</td>
<td>COMPLIANCE Robotic/detached</td>
<td>DISSOCIATION Fetal Rocking</td>
<td>FAINTING</td>
</tr>
<tr>
<td>Regulating Brain Region</td>
<td>NEOCORTEX Cortex</td>
<td>CORTEX Limbic</td>
<td>LIMBIC Midbrain</td>
<td>MIDBRAIN Brainstem</td>
<td>BRAINSTEM Autonomic</td>
</tr>
<tr>
<td>Cognitive Style</td>
<td>ABSTRACT</td>
<td>CONCRETE</td>
<td>EMOTIONAL</td>
<td>REACTIVE</td>
<td>REFLEXIVE</td>
</tr>
<tr>
<td>Cognitive Aptitude (IQ)</td>
<td>NORMAL</td>
<td>LESS 10 POINTS</td>
<td>LESS 20 POINTS</td>
<td>LESS 30 POINTS</td>
<td>LESS 40 POINTS</td>
</tr>
<tr>
<td>Sense of Time</td>
<td>EXTENDED FUTURE</td>
<td>DAYS and HOURS</td>
<td>HOURS and MINUTES</td>
<td>MINUTES and SECONDS</td>
<td>NO SENSE OF TIME</td>
</tr>
<tr>
<td>Mental and Internal State</td>
<td>CALM</td>
<td>AROUSAL</td>
<td>ALARM</td>
<td>FEAR</td>
<td>TERROR</td>
</tr>
</tbody>
</table>

### The Human Brain

- **Complexity of Function**
  - Abstract Thought
  - Concrete Thought
  - Affiliation
  - "Attachment"
  - Sexual Behavior
  - Emotional Reactivity
  - Motor Regulation
  - "Arousal"
  - Appetite/Satiety
  - Sleep
  - Blood Pressure
  - Heart Rate
  - Body Temperature

### Sequential Processing

- **Out**
  - Neocortex
  - Limbic
  - Diencephalon
  - Brainstem

- **In**
  - Neocortex
  - Limbic
  - Diencephalon
  - Brainstem

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