

What to Record: Use this chart to compare your symptoms in the moment.

Feature	The "Heavy Blanket" (Depression) Chronic	The "Live Wire" (Acute Trauma) 🧨
The Feeling	Chronic sadness—long hours, days weeks, lack of motivation,	*Fast, unexpected onset occurs when the body system feels in a "safe" place; fear and confusion are primary as the primal energy begins release symptoms such as loss of control of emotions and body (i.e., tense muscles, feelings of collapse)
Physical Signs	Heavy sobs, crying, emotional long lasting, insomnia, chronic, continues for days, weeks (see DSM criteria for Depression)	* Involuntary " shaking ", * tears: (not sobs, constant tears) * A primal, deep body groan * tension, muscle aches tightness * A headache (like a swim-cap on) * Occurs days after the "ANS" detected a primal threat—trigger <u>(* on reflection person can pinpoint the trigger that would have begun the body's self preservation mode document after the acute phase)</u>
Brain/Mind	Rumination , specific memories of the parents' control	"Pictures, images, fragmented memories you can't control" (unprocessed memory fragments).
The After-Effect	Emptiness, insomnia, loss of interest, hopelessness	* Feeling " depleted ," as if " run over by a truck " * Heat, muscle aches *Exhaustion

How to Interpret Your Record:

- **If your symptoms match the "Live Wire" 🧨 column:** You are experiencing an **Acute Trauma Attack**. This means your nervous system contained a **mortal threat** signal and then released the **toxic buildup** (Adrenaline/Cortisol). This is a physiological event that requires specific physical tools for healing. This is the "**Body**" Component.
- **If your symptoms match the "Heavy Blanket" column:** This is the **Chronic State**. This pervasive- feeling is rooted in **Dopamine withdrawal** and chronic loss. You are experiencing **Anhedonia**—the profound loss of joy. This is the "**Depression** (psychological) component.