



## The Information Cycle:

1. There are numerous environmental stimulus that happen all around us.
2. As human beings we take in information through our body first via our senses.
3. The nervous system and brain instinctually determine if this information seems threatening to our survival.
4. We are born with survival instincts that protect us and they are always scanning the environment for cues that remind of previous times when we might have felt threatened.
5. Our fundamental need to feel safe and secure coincides with our need to belong and feel connected.
6. Our emotions tell us when these needs are met or unmet and are signals to the overall health of our system.
7. We come up with many plausible explanations for our emotions to try and make sense and meaning of the experience.