

# WHY WE SQUEEZE

## ACTIVATING THE INCOMPLETE SURVIVAL RESPONSE

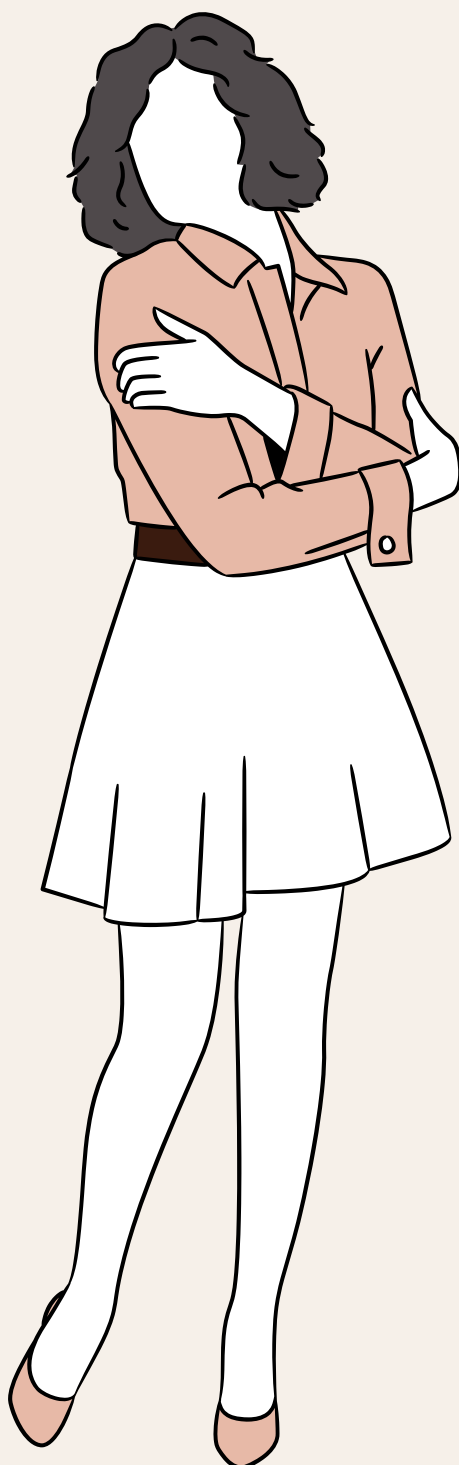
### The 4 Limbs

- Our arms & legs are the way our body instinctually responds to protect us
- Utilizing our limbs re-activates this response in the autonomic nervous system (ANS)
- By squeezing in tandem to a time axis we create rhythm, & complete the protective response



### Time Axis

- Cycles through a specific time frame that is neutral to heal structurally what is not neutral
- Creates the rhythm our system needs to bring order to fragmented parts
- Gently restores neural network connections & core safety needs



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