

“I don’t know what happened,  
it came like a wave”

**B1: Brain from the Bottom-Up**—  
My brain makes sense of it w/o me knowing it

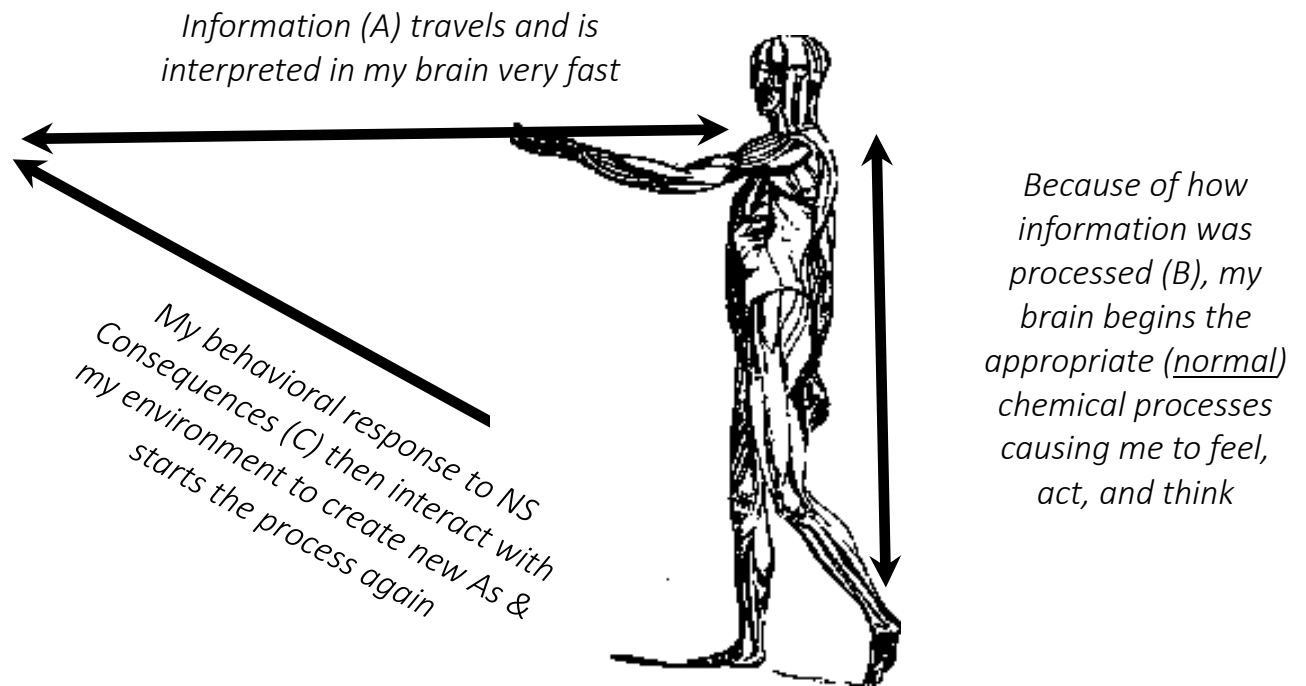
**B2: Brain from the Top-Down**—  
My brain collects more information and begins to make  
sense of it while I begin to make decisions about it

\* (Brain processing exists w/in the context of various factors including implicit associations, existing schema, primary modes, brain development & activity, and genetic and epigenetic dispositions)

**A1: Activating Event**—  
Something happens

**A2: Awareness**—  
I become aware of what my body is doing

\*(Events and awareness exist w/in the context of various sociocultural variables including social injustice, gender roles, family of origin, etc.)



**C1: Consequence (Nervous System)**—  
My body does what my brain tells it to do

**C2: Consequences (Nervous System)**—  
My body does what I, via my brain, tells it to do

\*(Consequences exist w/in the context of physical development and physiological functioning)



Attend. Build. Connect.