

SSIEC

About

SSIEC is created primarily for therapists to help their clients with identifying, feeling and expressing these domains in the present moment. SSIEC is a non-exhaustive experiential cross-reference.

| State | Sensation | | | Impulse | Emotion | | Cognition | |
|---------------------|---|--|---|--|--|--|---|---|
| Safe/Social | warm tender spacious aware | expand open understood whole | smooth light touched shimmering | co-regulate connect socialize | connected caring joy playful | happy confident loving calm | optimistic understanding interested consistent | logical abstract balanced present |
| Flight/Fight | hot clenched jagged sharp | tight fidgety hard burning | friction tense pressure jittery | run escape fight aggress | anxious anticipation resentment impatient | nervous annoyance irritable angry | judgmental blaming labeling magnifying | polarized past or future mind-reading dismissive |
| Shutdown | cold drained heavy hollow | folded invisible disconnected empty | limp floating faint numb | death feign immobilize isolate disconnect | numb unmotivated helpless guilt | alone shame rejected sad | hopeless pessimistic slow discouraged | minimizing clouded defeatist disconnected |
| Freeze | paralyzed watched clenched constricted | rushed tight knotted frantic | pressured closed suffocating jumpy | be invisible endure release | panic fear frantic paranoia | rage terror desperate overwhelm | paranoid shaming all-or-nothing scattered | obsessive flashbacks grandiose |
| Play | energized movement bouncy open | ease warm emotive flow | social connected elastic fluid | imagine create take turns share | mobilized shared surprise fun | rhythmic excited humor sassy | imaginative curious witty visionary | creative spontaneous inventive collaborative |
| Stillness | settled still content releasing | tranquil quiet stable soft | whole aware balance light | biology needs reflect breathe take in | calm solitude harmony peace | relaxed restful serene awe | contemplative wondering noticing reflective | introspection meditative mindful scope & scale |