

**Before Training**

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**After Training**

***High arousal-disorganized-rigid***

***Lower arousal-organized-flexible***

Reactions, symptoms have high frequency and magnitude

Lower frequency and magnitude

Hypervigilant

Less hypervigilant

Catastrophizing

The context around a fear is clearer allowing for modulation of the fear

Anxiety

Panic attacks, compulsive behaviors decrease

Anger

Anger episodes decrease

Depression

Outlook and openness changes

Recklessness

Other options are seen as available

Tension is high, activities to reduce tension

Tension is released; Less tension relieving activities are necessary

More guilty, self critical

More aware of own strengths

Difficulty making decisions

More decisive, more in control

Emotionally overwhelmed

Sorting it out, knowing what's in my control and what's not

Hopeless, helpless

Feeling capable

On automatic pilot

Can pause and think before acting

Ignoring/ Censoring underlying feelings

Acknowledging feelings

Self judgment

Less persistent self judgement

Narrow problem focused mindset

Can see the whole picture

Inconsistent overall attention

Mind is clearer and more focused

Sense of direction and athletic skill varies

More neuromuscular control