



The Response Funnel

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A guide to the behavioral and emotional responses to challenge, conflict, stress and trauma, and the skills and systems we respond with

Playful, positive emotions; cooperation; trust; flexibility; mutual concern; win/win; health; connectedness; relationships and systems of growth and support.

- Behaviors*
- Lively play
 - Playful interaction
 - Extended dialogue
 - Short messages
 - Argumentation
 - Debate
 - Dialog stops
 - Active undermining
 - Humiliation
 - Threats of violence
 - Physical aggression
 - Physical attack
 - Lose / Lose attack
 - Rigid immobility
 - Collapse
 - Fainting

- Emotions*
- Inspiration Friendliness Gratitude Cheerfulness Amazement Interest
 - Sincerity Trust Sympathy Enchantment Rejoicing Enthusiasm
 - Infatuation Love Confidence Buoyancy Relief Kindness
 - Tranquility Gusto Acceptance Inner peace Arousal
 - Empathy Charm Happiness Warmth Delight

- Boredom Coldness Dislike Displeasure
- Disappointment Envy Nervousness
- Awkwardness Woundedness
- Doubt Regret Sadness
- Suspicion Sorrow
- Confusion Disturbance
- Humiliation Irritation
- Depression Defiance
- Indignation
- Anxiety Jealousy
- Shame Hostility
- Despair Anger
- Shock Rage

- Hopelessness
- Helplessness
- Fright

Fear

Deep Freeze

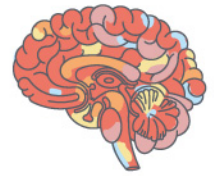
- Response Systems*
- Playful**
Feeling of self-confidence/vitality/mastery. Capacity for play/exploration /humor/creativity.
 - Relational**
Pro-social communication/perspective taking/flexibility/problem solving and collaboration. Feeling of belonging/safety/care.
 - Intellectual**
Access to capacity to concentrate and learn/reality and truth orientation. Seeks best arguments/solutions/fair competition. Open to/accepts/tolerates disagreement/provocation.
 - Repairing**
Willingness to accept/forgive/repair/be vulnerable/establish healthy boundaries/re negotiate roles. Access to rest/tranquility/recovery/intimacy/integration.

- Social/cognitive aggression/defense**
Vigorous response to perceptions of danger/threats/unfairness. Mind mobilizes for defense/attack against challenging information/ideas. Aggressive categorizing/labeling/power struggle. One-dimensional one-sided problem-solving. Bad faith interpretations/straw-manning. Reduced capacity for flexibility and learning.

- Flight or Fight**
The body mobilizes to escape/protect/attack. Hides/attacks/exploits vulnerability. Increased/extreme sensitivity to negative stimuli. Attribution of hostility. Increased breath, heart rate and muscle tension.

- Freeze and Disconnection**
Intense fear/overwhelm/no perceived coping capacity. Conflict/disagreement perceived as dangerous. Submissive to the perspective of others. Appeasing/pleasing/flexibility without limits. The body stiffens/numbs/loose coordination/collapses. The mind dissociates from the self/reality/body.

Engagement
Capacity self-co-regulation and regulation support



More stress, rigidity, negativity, onesidedness, distrust, win/lose, disconnectedness. Rigid hierarchies of domination. Power struggle.



Read more at:
www.oppmerksombevegelse.no/the-response-funnel-introduction/