

# STATE-MATCHED DECISION TREE

Sourced from *Self-Care, Ch. 3*

## STATE-MATCHED DECISION TREE

Kim et al. 2023 · Siegel · Self-Care Ch. 3

### 01 · PAUSE — 30 SECONDS

**Notice the body. Don't analyze. Just locate.**

*Heart, breath, tension, energy.*

### 02 · ABOVE, BELOW, OR WITHIN?

**Above: racing, tense, hypervigilant. Below: numb, flat, foggy.**

*Most people are slightly outside the window.*

### 03 · IF ABOVE — DOWN-REGULATE

**Cyclic sighing, cold water on face, humming, long exhale.**

*Body first. Don't think your way through it.*

### 04 · IF BELOW — UP-REGULATE GENTLY

**Cold on wrists, walking, rhythm, sensory input, safe person.**

*Slower is faster. Don't overshoot to sympathetic.*

### 05 · IF WITHIN — HALT

**Hungry? Angry? Lonely? Tired? Address the body need first.**

*Then pick a rest dimension and a practice from it.*

THE HUMAN FREQUENCY · FIND COMMON GROUND

### PRINT INSTRUCTIONS

Fold this card in half along the horizontal center for a wallet-sized version, or print on cardstock and laminate for the fridge or office wall.

### READ THE FULL PAGE

[thehumanfrequency.net/human-os/state-matched-decision-tree](https://thehumanfrequency.net/human-os/state-matched-decision-tree)

For the mechanism, the protocol, and citations.