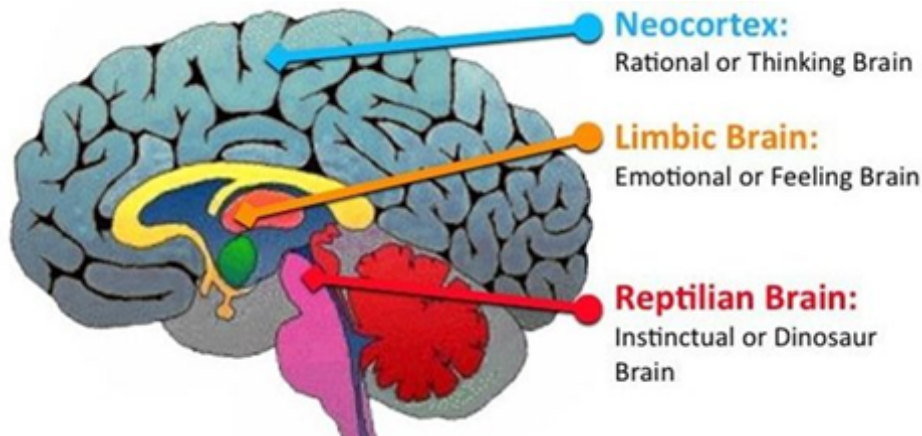


The **BASK** Model of Trauma Recovery

<p>B – BEHAVIOR</p> <p><i>(Actions, patterns)</i></p>	<p>A – AFFECT</p> <p><i>(Emotional feelings)</i></p>
<p>S – SENSATION</p> <p><i>(Physical sensations / feelings / symptoms)</i></p>	<p>K – KNOWLEDGE</p> <p><i>(Memories / facts / context / timeline)</i></p>



BAS – Come out of the Limbic and Reptilian Brain,

which are hyper-activated by trauma. (ie – the dog brain, and the lizard brain.)

These parts are incapable of discerning the difference between past, present, and future, and are unable to prioritize, strategize, or plan effectively. They just experience “in the moment” – so to these parts, a past moment feels just as real and influential as a current moment.

K – Comes out of the Neocortex,

which is often “turned off” or numbed by trauma. (ie – the human, logical brain.)

*These “knowledge” pieces are often the last parts to enter consciousness – but they are the organizing pieces, bringing all the rest of the puzzle together, and making sense of the whole experience. Ironically, people often deal with trauma by running from it, or not letting themselves think about it. **Healing requires the awareness and unity of all 3 parts of the brain.***