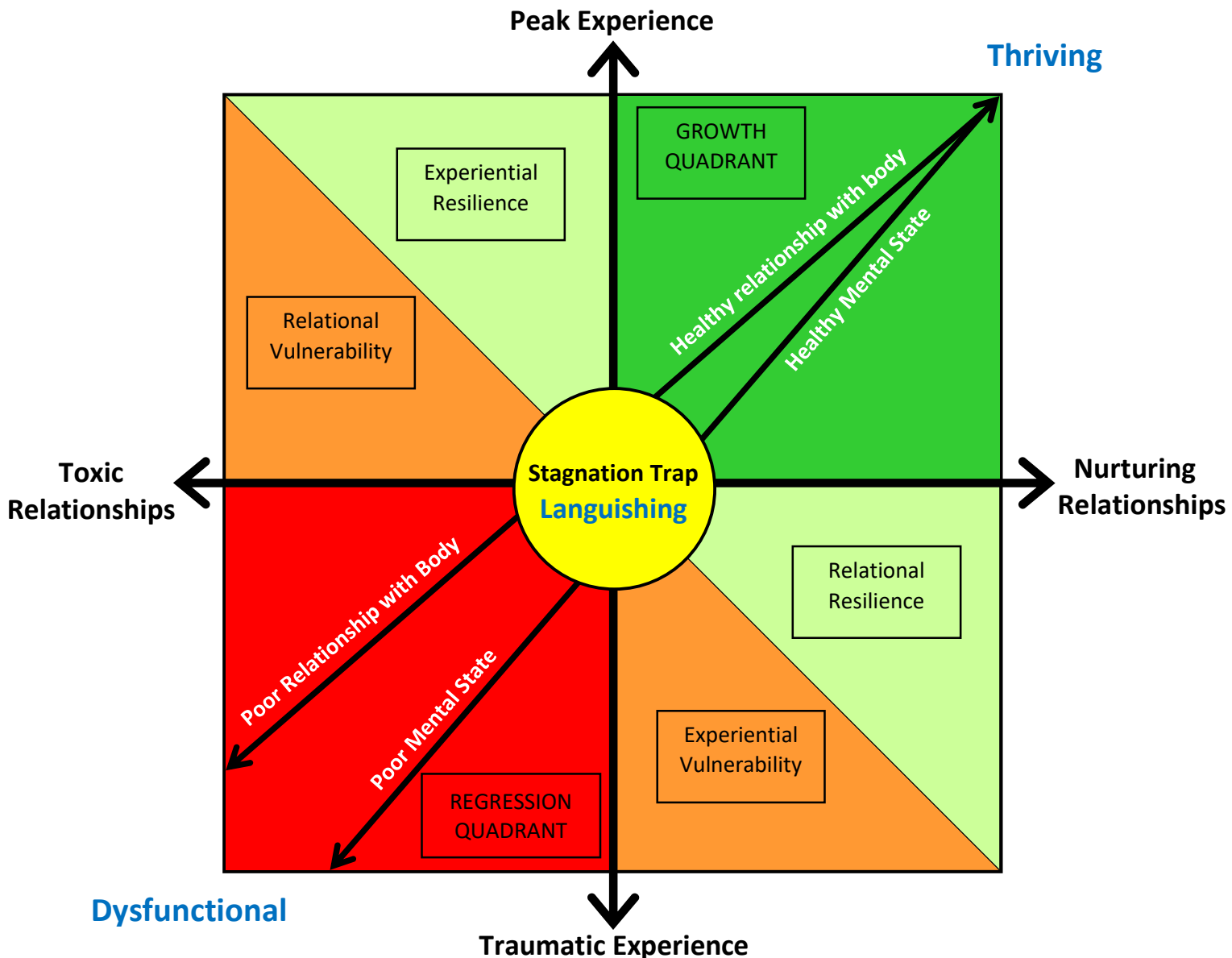


Dynamic Interaction between Connection and Experience (DICE) Model



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DYNAMIC FACTORS	Mechanisms of Regression	Mechanisms of Growth
Relationships	Toxic Relationships or Isolation	Supportive, Nurturing Relationships
Experience	Traumatic Experiences	Positive Experiences
Embodiment	Poor Relationship with Body	Healthy Relationship with Body
Mental State	Poor Mental State	Healthy Mental State
Growth	Regression Focus	Growth Focus

DICE Themes:

Trajectory

Set Points

Personal Development

Balance

Adaptability

Choice

- The trend line for a person's movement for a period of time
- Positive or negative set points limit a person's movement
- Everyone has the capacity to grow and improve
- Growth must be in balance in order to be sustainable
- The ability to adapt is essential to navigate life's challenges
- Personal choice is a key mediator of movement