



# PHOENIX TRAINING GROUP

## Cooper's Color Code of Awareness

CONDITION	MENTAL	PHYSICAL	COMMENTS
<b>WHITE</b>	<ul style="list-style-type: none"> <li>Oblivious</li> <li>Unaware</li> <li>Unprepared</li> </ul>	<ul style="list-style-type: none"> <li>Relaxed</li> </ul>	Much of the public exists in this condition, too pre-occupied to notice the dangers around them. In this condition, you take no responsibility for your safety or the safety of those around you.
<b>YELLOW</b>	<ul style="list-style-type: none"> <li>Aware</li> </ul>	<ul style="list-style-type: none"> <li>Relaxed</li> </ul>	In this condition, a person is aware of what is happening around them but is not focused on a specific threat. This person has realized that dangers exist and takes steps to recognize potential threats as they become apparent.
<b>ORANGE</b>	<ul style="list-style-type: none"> <li>Maintaining Awareness</li> <li>Focus is on threat</li> </ul>	<ul style="list-style-type: none"> <li>Adrenaline is released</li> <li>Increased breathing and heart rate</li> <li>Retains Fine Motor Skills</li> </ul>	In this condition, you have recognized a specific threat, but not at the expense of ignoring your environment. You are prepared to recognize additional threats should they become apparent.
<b>RED</b>	<ul style="list-style-type: none"> <li>Complete focus on threat</li> <li>Emotional and Instinctual responses are heightened</li> <li>Intellectual responses are lessened</li> <li>Time distortion</li> </ul>	<ul style="list-style-type: none"> <li>Adrenaline Dump</li> <li>Breathing and Heart Rate Maximizes</li> <li>Fine Motor Skills disappear</li> <li>Tunnel Vision</li> <li>Auditory Exclusion</li> </ul>	As you actively engaged in confrontation, the bodies chemical release prepares you for "Fight or Flight" response while making rational thought more difficult.
<b>BLACK</b>	<ul style="list-style-type: none"> <li>With a lack of programmed response, the mind cannot create new solutions.</li> <li>Irrational or repetitive decisions</li> <li>Confusion</li> <li>Denial</li> </ul>	<ul style="list-style-type: none"> <li>Adrenaline Overload</li> <li>Hyperventilation may occur</li> <li>Muscle cramping due to lactic acidosis</li> </ul>	As intellectual processes shut down, the mid-brain response overwhelms a person's ability to think through the problem. This "Amygdala Hijack" might cause a person to shut down mentally.