

Ventral Vagal

Safe

Social

Sympathetic

Mobilized

Fight - Flight

Dorsal Vagal

Immobilized

Collapsed

Ventral Vagal

Safe

Social

Glimmers

Sympathetic

Mobilized

Fight - Flight

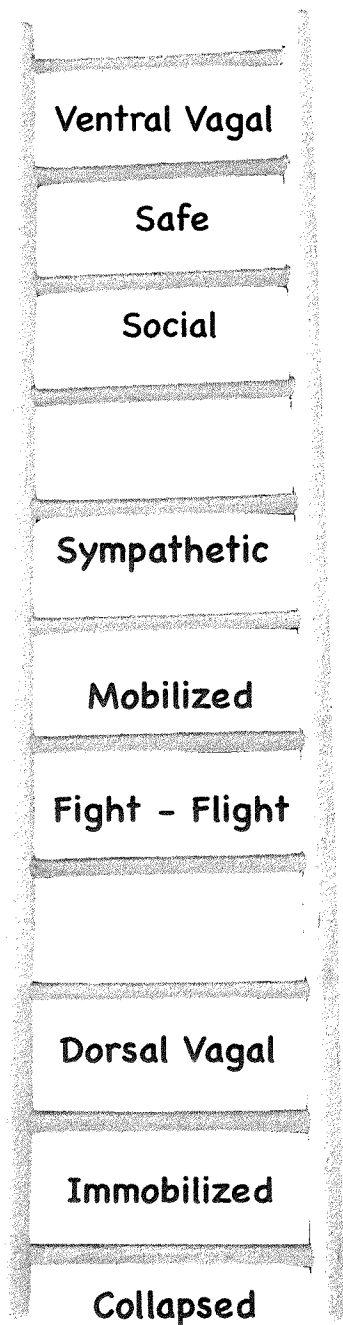
Triggers

Dorsal Vagal

Immobilized

Collapsed

Triggers



Things I can do on my own:

What helps me stay here?

What moves me out of here?

What moves me out of here?

Things I can do with others:

What helps me stay here?

What moves me out of here?

What moves me out of here?