

Ventral Vagal	Glimmers	
Safe		
Social		
Sympathetic	Triggers	
Mobilized		
Fight - Flight		
Dorsal Vagal	Triggers	
Immobilized		
Collapsed	© Deb Dana. From Dana, D. (2018). The polyvagal theory in therapy: Engaging the rhythm of regulation. New York: W. W. Norto	on.

	Things I can do on my own:	Things I can do with others:
	What helps me stay here?	What helps me stay here?
Ventral Vagal		
Safe		
Cocial		
Social		
-	What moves me out of here?	What moves me out of here?
Sympathetic	what moves me out of here:	what moves me out of here?
Mobilized		
Fight – Flight		
	What moves me out of here?	What moves me out of here?
Dans al Van al		
Dorsal Vagal		
Immobilized		
Collapsed		