

## Polyvagal Theory: Ladder to Regulation

### Ventral Vagal

Safe, Social, Connected  
Rest and Digest

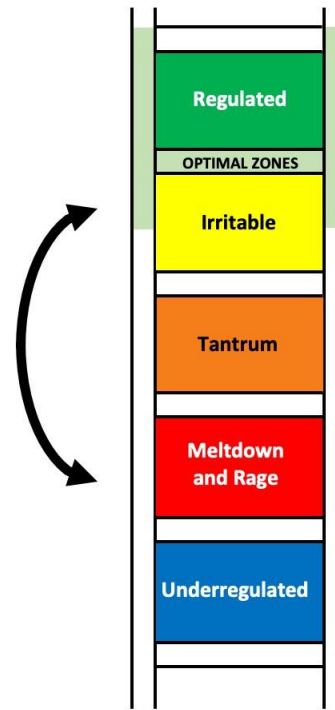
### Sympathetic

Mobilized, Fight or  
Flight

### Dorsal Vagal

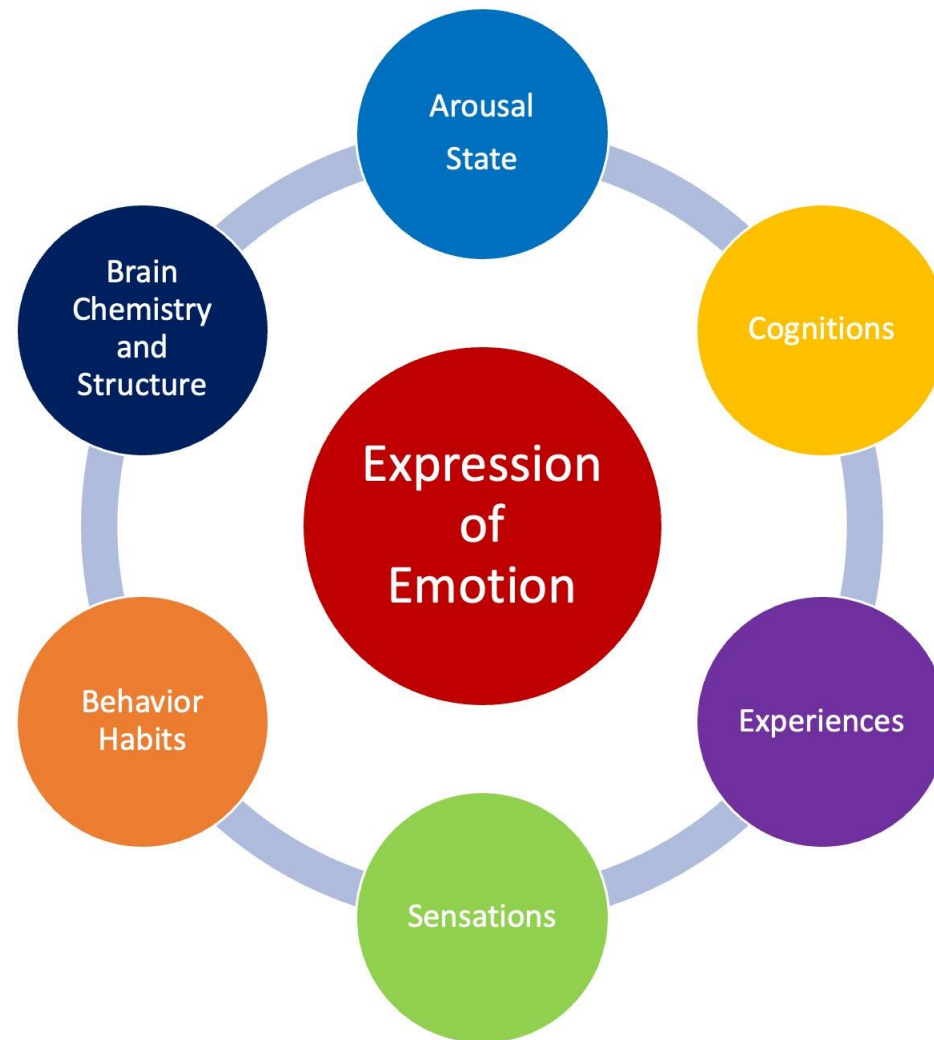
Immobilized, Collapsed,  
Dissociate, Depression

Accelerator  
System



Brake  
System

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STATE	CALM	ALERT	ALARM	FEAR	TERROR
Brain Region	Neocortex Cortex	Cortex Limbic	Limbic Midbrain	Midbrain Brainstem	Brainstem Autonomic
Adaptive response	Reflect	Activate	Freeze	Flight	Fight
Cognitive Ability	Abstract	Concrete	Emotional	Reactive	Reflexive
Capacity to Sense Time	Distant past, Extended future	Days/ hours	Hours/ minutes	Minutes/ seconds	Loss of sense of time
Hyperarousal (Flight/Fight)	Rest	Vigilant	Resistant	Tantrum, Meltdown	Meltdown, Rage
Hypoarousal (Freeze, Surrender)	Rest	Avoidance	Compliant (robotic)	Dissociation	Fainting