

Ventral Vagal

Social, Connected, Engaged

Sympathetic

Mobilized
Flight or Fight

Dorsal Vagal

Immobilized with Fear
Freeze/Collapse

- *Think of events where you were in each of these states*
- *How did your body feel in these various states?*
- *What would you call these states? Name them*
- *What kind of coping skills do you use when you find yourself in these states?*
- *What's the story you're telling yourself in each state?*

Answer the following for each state:

THE WORLD IS ____...

I AM _____...

The Polyvagal Theory
Dr Stephen Porges/Deb Dana

www.KristinSnowden.com

Ventral Vagal

Social, Connected, Engaged

congruent, aware

- Think of events where you were in each of these states
- How did your body feel in these various states?
- What would you call these states? Name them
- What kind of coping skills do you use when you find yourself in these states?
- What's the story you're telling yourself in each state?

Sympathetic

Mobilized

Flight or Fight

over-functioning

Irritated, Annoyed, Flustered "Failing"

Dorsal Vagal

Immobilized with Fear

Freeze/Collapse

*- can't process
- can't think rationally
"A Failure"
Underfunctioning
- lost*