

VENTRAL VAGAL

**ALL SYSTEMS
ONLINE/CAN ACCESS
THINKING BRAIN
WISE SELF**

**SAFE
SOCIAL
ENGAGED**

**= ABLE TO SELF-REGULATE AND EXPLORE
OPTIONS. WISE STATE. Feeling SAFE AND
SECURE.**

**Meeting the demands of the day; connecting
and communicating; going with the flow;
engaged with life. Attitudes: "I am feeling at
ease and can manage anything that comes
my way; I feel empowered and connected to
the world and people in it. CALM.**

FIGHT/FLIGHT

**MOBILIZED
AGITATED
FRANTIC**

SYMPATHETIC ACTIVATION

**= STRESSED, ANXIOUS; FILLED WITH CHAOTIC ENERGY;
MOBILIZED TO ATTACK; DRIVEN TO ESCAPE; HYPERVIGILANT;
ANXIOUS OR ANGRY; DRIVEN TO GET NEEDS MET. THOUGHTS
INCLUDE: "I AM GETTING OVERWHELMED; THE WORLD SEEMS
DANGEROUS, CHAOTIC, AND UNFRIENDLY"**

FREEZE, DISSOCIATE

**NUMB
COLLAPSED
SHUT DOWN**

DORSAL VAGAL

**WHEN THERE IS NO WAY
OUT, WE SUBMIT**

**= IF MOBILIZATION DOES NOT GET US OUT OF DANGER, OR ELIMINATE
THREATS, THEN THIS ANCIENT NEURAL SHUTDOWN SYSTEM WILL TAKE OVER.
LOW ENERGY DISCONNECTED ZONE; IMMOBILISED; FOGGY. FEELING LOST,
ABANDONED, INVISIBLE, DISAPPEAR INTO A STATE OF NOT KNOWING, NOT
FEELING, NOT BEING. THOUGHTS INCLUDE: "JUST GO THROUGH THE MOTIONS;
I'M ALONE IN MY DESPAIR; THE WORLD IS EMPTY; DEAD AND DARK"**