



Polyvagal Theory

Ventral vagal

Safe, connected, feels easy

Sympathetic

Fight or Flight/ I am in danger

Dorsal Vagal

Immobilised, I am alone

Polyvagal Ladder

By Deb Dana

Safe & connected

Ventral vagal

Ok, relaxed me
I think
I feel
I do

Fight or Flight, I am in danger

Sympathetic

On edge me
I think
I feel
I do

Immobilised, I am alone

Dorsal Vagal

Shutdown me
I think
I feel
I do

