

POLYVAGAL THEORY

Too Much Energy

FIGHT OR FLIGHT

Survival Mode

SYMPATHETIC NERVOUS SYSTEM
(MOBILIZATION)

HYPERAROUSAL

• can't register consequences

RAGE
PANIC
FEAR

yelling • defensive • pacing • hyperalert
run away • uncomfortable

I DON'T CARE

↑ **DYSREGULATION** ↓

Optimal Energy

COMMUNICATION | CONNECTION

Self-Control

SAFE

PARASYMPATHETIC NERVOUS SYSTEM:
VENTRAL VAGAL
(SOCIAL ENGAGEMENT & CONNECTION)

WINDOW of TOLERANCE
(REGULATION)

• consider consequences
• focus
• logic
• reason
• problem solve
• curious

FEEL FEELINGS
LOVE • JOY • PEACE
PATIENCE • KINDNESS
GENTLENESS

aware of:
self • time • space • others
RELATIONSHIPS

↑ **RESILIENCE** ↓

↓ **DYSREGULATION**

Lack of Energy

FREEZE

Survival Mode

SHUT DOWN

PARASYMPATHETIC NERVOUS SYSTEM:
DORSAL VAGAL
(IMMOBILIZATION)

HYPOAROUSAL

• blank
• check-out
• trance
• long pause
• feel far away

FLAT AFFECT
NO FEELING
NUMB

exhausted • slow • tired • enduring

DISSOCIATION

I GIVE UP

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