

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

SAFE

Self-Control

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

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

GIVE UP

CharissaFry.com