

Understanding the Polyvagal Model





The Model

www.pulsewellnesspdx.com

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Ventral Vagal

Safe & Social



Feeling:

Activators:

Mobilizers:

Team:

Sympathetic

Flight & Fight

Mobilized for action



Feeling:

Activators:

Mobilizers:

Team:

Dorsal Vagal

Freeze

Immobilized



Feeling:

Activators:

Mobilizers:

Team:



