

What this state feels like inside

Activators

What I can do to move up the ladder

My Dream Team

**Ventral Vagal**  
Safe & Social

I am...

How did I arrive here?

Who is it?

The world is...

What will they help me do?

**Sympathetic**  
Flight & Fight  
Mobilized for action

I am...

How did I arrive here?

Who is it?

The world is...

What will they help me do?

**Dorsal Vagal**  
Freeze  
Crumpled  
Immobilized  
Collapsed

I am...

How did I arrive here?

Who is it?

The world is...

What will they help me do?