Ventral Vagal Safe Social Sympathetic Mobilized Fight - Flight Dorsal Vagal Immobilized Collapsed

Sample Profile Map

flow, connected, warm, open-hearted, curious, engaged, capable, organized, passionate, at ease

I am...OK
The world is...welcoming, filled with opportunity

out of control, too much, confusing, overwhelming, angry confrontational, ready to run

I am...crazy, toxic
The world is...unfriendly, scary, exploding

dark foggy, fuzzy, silent, out of focus, cold numb, hopeless, helpless, shut down, disconnected

I am...unloveable, invisible, lost and alone The world is...cold, empty, uninhabitable

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