	Deb Dana. From Dana, D. (2018). The Polyvagal Theory in Therapy: Eng Things I can do on my own:	aging the Rhythm of Regulation. New York: W.W. Norton Things I can do with others:
Ventral Vagal	What helps me stay here?	What helps me stay here?
Safe	-	
Social		
Sympathetic	What moves me out of here?	What moves me out of here?
Mobilized		
Fight/Flight		
	What moves me out of here:	What moves me out of here?
Dorsal Vagal		
Immobilized	-	
Collapsed		