

Ventral Vagal	Things I can do on my own:	Things I can do with others:
	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		
Dorsal Vagal	What moves me out of here:	What moves me out of here?
Immobilized		
Collapsed		