

# the POLY VAGAL theory

## DORSAL VAGAL FREEZE.FAINT.

depression shame  
collapse detached  
numb depersonalisation

## SYMPATHETIC DOMINANT FIGHT.FLIGHT.FRIGHT.FAWN.FIND.

rage aggression  
panic worry  
perfectionism soothing  
fear attachment

## VENTRAL VAGAL REST.DIGEST.GROW.HEAL.

joy ease  
trust safety  
connection mindfulness  
grounded content

terror

deactivate

danger

change