

PERSONAL PROFILE MAP – GLIMMERS & TRIGGERS

Polyvagal Exercises for Safety and Connection, Deb Dana, 2020

VENTRAL VAGAL

safe

social

connected

My personal glimmers of connection, safety, feeling seen, joy, beauty:

SYMPATHETIC

mobilized

action Taking

fight flight

My personal triggers of feeling overwhelmed, disrespected, frightened, angry:

DORSAL VAGAL

immobilized

shut down

collapsed

My personal triggers of feeling unwanted, left out, alone, helpless: