










## Checking in with Myself Where am I right now?

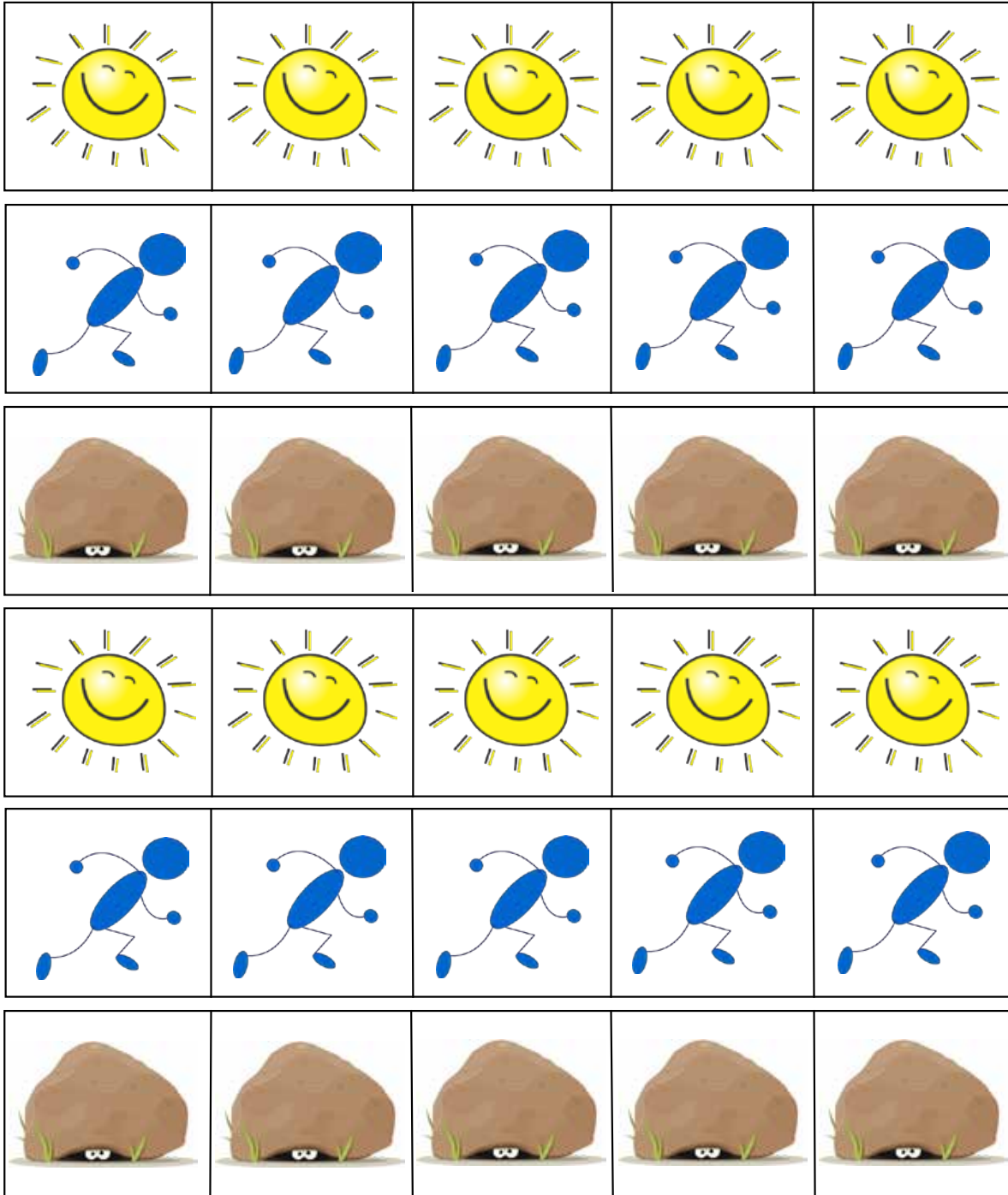
<p>Ventral Vagal safe and social</p> 	<p>What helps me stay here?</p>	<p>Here is what I can do on my own</p>	<p>Here is what I can do with others</p>
<p>Sympathetic feeling unsafe and taking action</p> 	<p>What gets me here?</p>	<p>Here is what I do on my own to get me back to</p> 	<p>Here is what I do with others to get me back to</p> 
<p>Dorsal Vagal shutdown and unresponsive</p> 	<p>What gets me here?</p>	<p>Here is what I do on my own to get me back to</p> 	<p>Here is what I do with others to get me back to</p> 

What are some of my glimmers?

What are some of my triggers?

From the work of Deb Dana, LCSW: The Polyvagal Theory in Therapy, [www.rhythmofregulation.com](http://www.rhythmofregulation.com)

Handout for the Therapro webinar **Start Your School Year With S'cool Moves**  
presented by Dr. Debra Em Wilson - September 15, 2020



Run off copies and laminate separate icons. Each person receives one of each of the icons to use with their velcro strip. Use with the velcro strip template.

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Example of Velcro Strip

Where am I right now?			
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Where am I right now?			
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