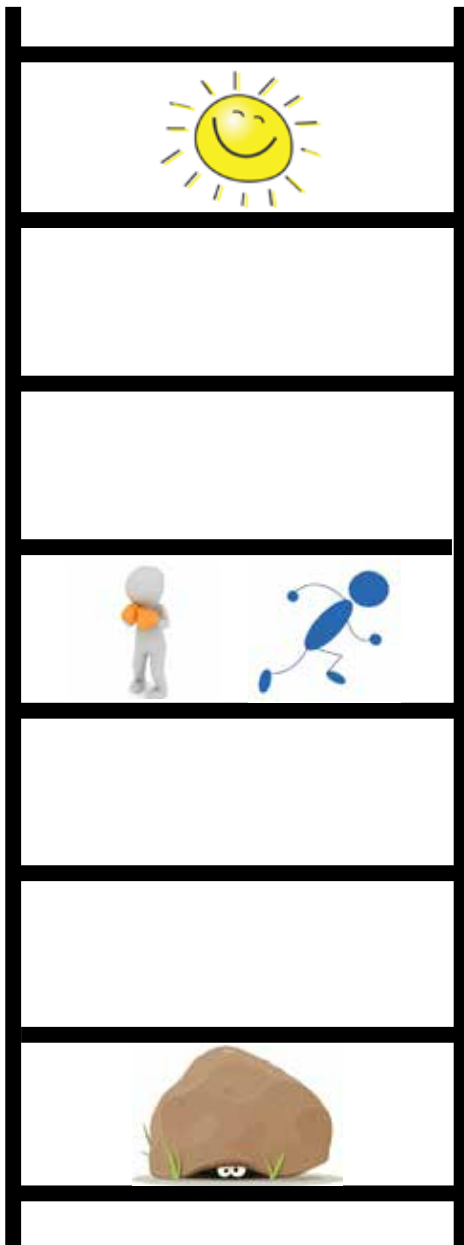


## Deb Dana's Autonomic Ladder Hierarchy Based on Dr. Porges' Polyvagal Theory



Parasympathetic Ventral Vagal  
social  
engaged  
connected



Sympathetic  
mobilized  
action taking  
fight and/or flight



Parasympathetic Dorsal Vagal  
immobilized  
shut down  
collapsed

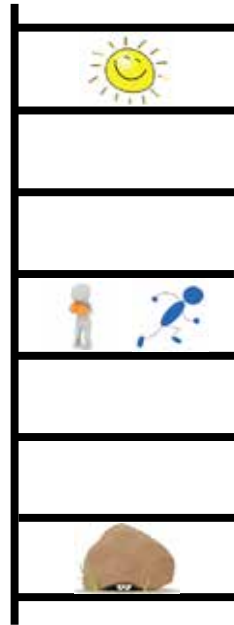
Images from Pixabay

Modified from Deb Dana's Autonomic Ladder

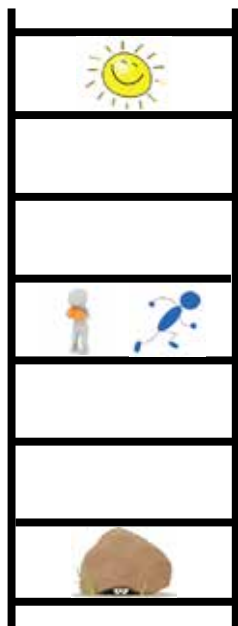
## Where am I Right Now Check-In Quadrant Map



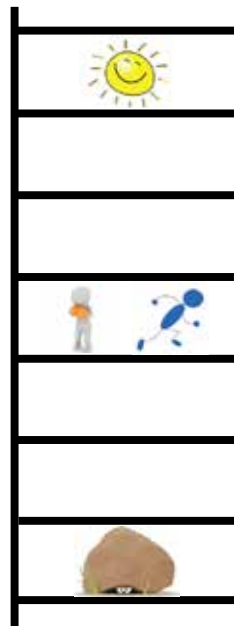
**Morning**  
What does my nervous system need right now in this moment?



**Noon**  
What does my nervous system need right now in this moment?



**Afternoon**  
What does my nervous system need right now in this moment?



**Evening**  
What does my nervous system need right now in this moment?

Images from Pixabay

Activity 3: Quadrant Map modified from the work of Deb Dana

## Ventral Vagal Anchor Map

WHO

WHAT

WHERE

WHEN

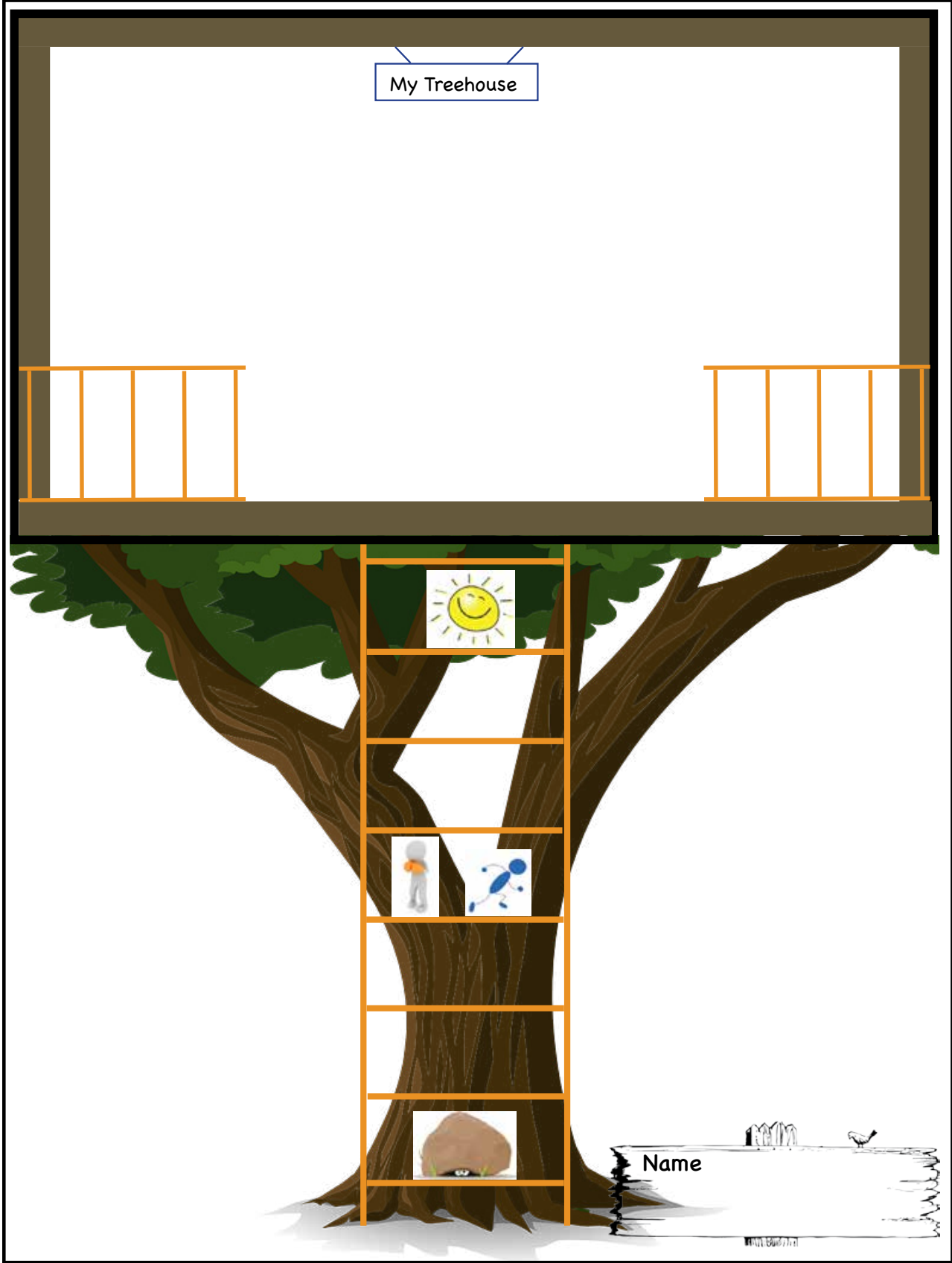
**Who:** List the people in your life who make you feel safe and welcome. Pets included.  
You can expand your list to spiritual guides or people who are no longer living.

**What:** List the small things you do to nourish, relax, or bring joy in the moment.

**Where:** List the physical spaces around you where you feel ventral vagal energy and safety in your home, community, or work place.

**When:** List the moments in your life when you've felt anchored in ventral vagal energy.

Image by Susana Gonzales from Pixabay Activity 4: Ventral Vagal Anchor Map modified from the work of Deb Dana



Modified from the work of Deb Dana

©Scool Moves, www.schoolmoves.com

