

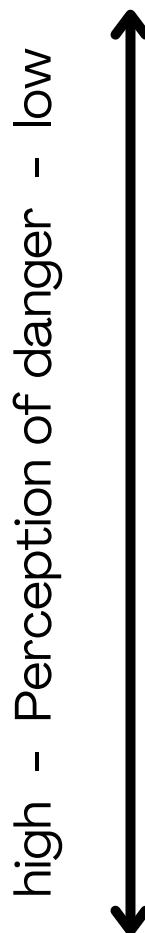
Polyvagal Autonomic States



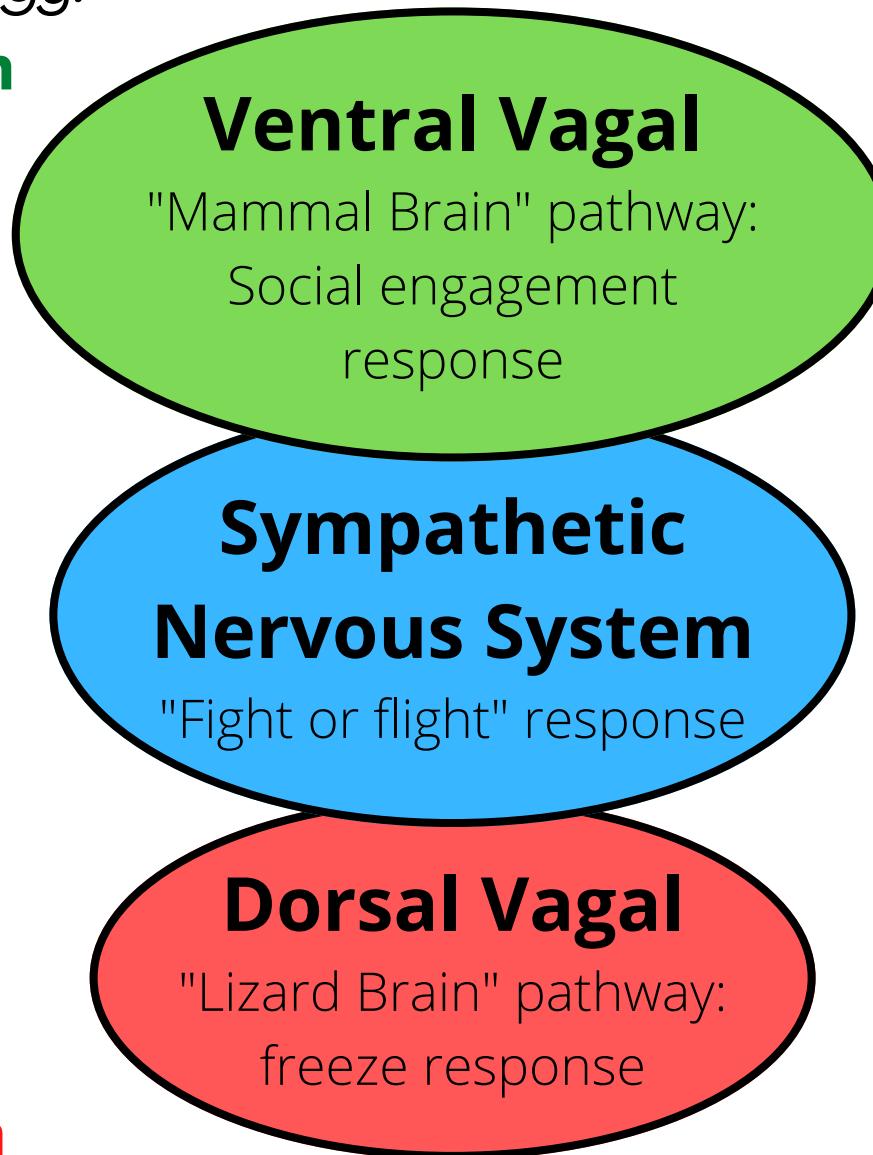
Who's in charge around here?!

Survival Strategy:

Connection



Protection



Usual state when the body is calm and regulated. The mind is open to "yes, and" thinking.

Takes over when danger is perceived in the environment. The mind is limited to "either/or" thinking.

Takes over when harm is occurring or perceived to be occurring. Reasoning functions shut down.