

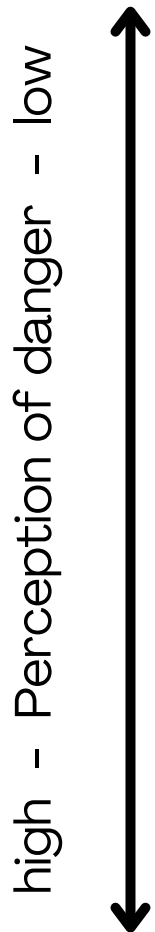
Polyvagal Autonomic States



Who's in charge around here?!

Survival Strategy:

Connection



Ventral Vagal

"Mammal Brain" pathway:
Social engagement
response

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

Sympathetic Nervous System

"Fight or flight" response

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

Dorsal Vagal

"Lizard Brain" pathway:
freeze response

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

Protection