

The Polyvagal Ladder - Regulating Resources

Once we understand our autonomic nervous system, we can bring more of it into our conscious awareness. With this awareness, we can begin to build a 'toolkit' of resources that can help us self-regulate - that is to say, help us move into - or out of - the different states. Use the space below to note down what some of these resources may be for you.

	Things I can do on my own	Things I can do with others
Ventral Vagal	What helps me stay here?	What helps me stay here?
Safe		
Social		
Sympathetic	What moves me out of here?	What moves me out of here?
Mobilised		
Fight/Flight		
Dorsal Vagal	What moves me out of here?	What moves me out of here?
Immobilised		
Collapsed		

Additional notes: