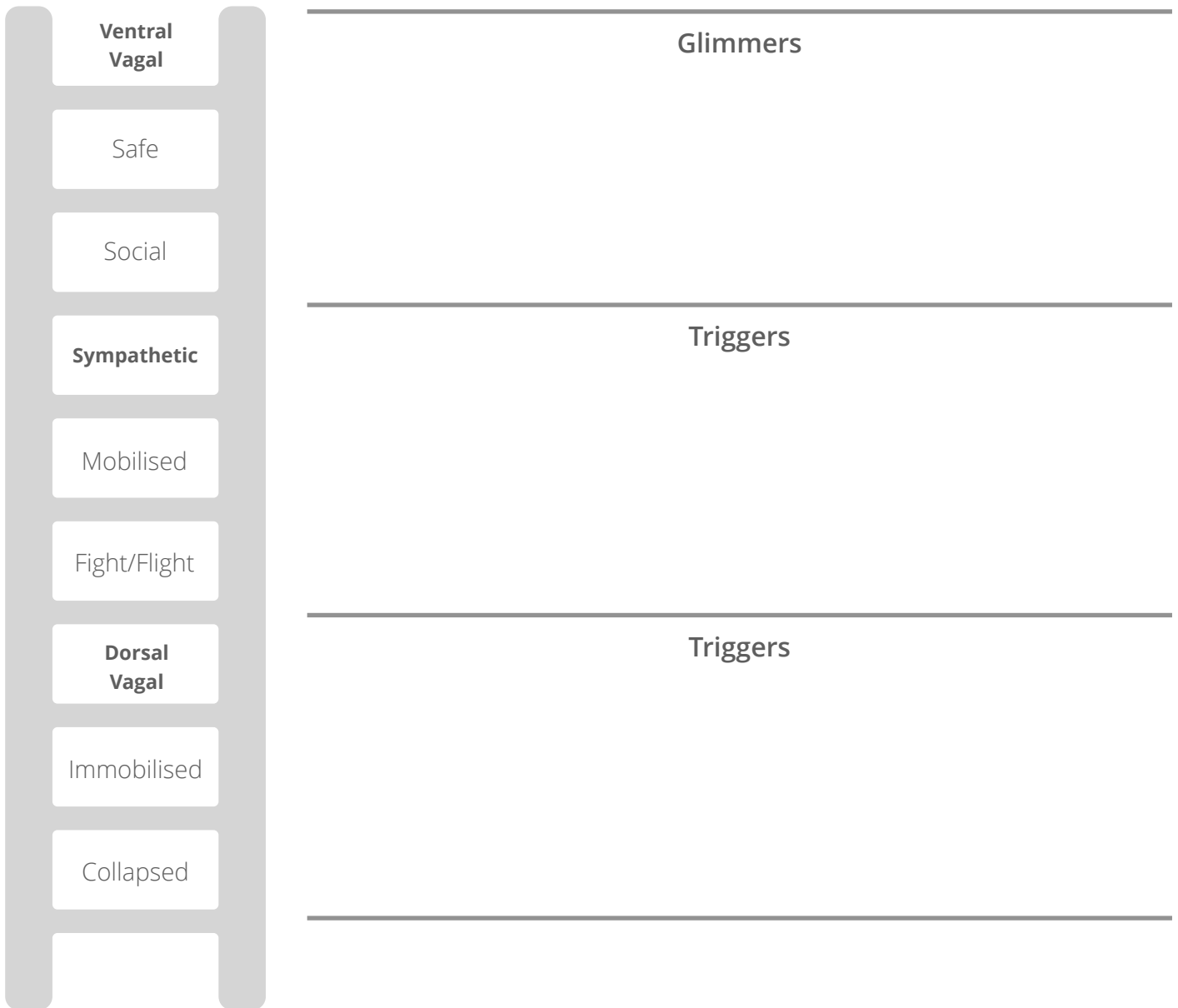


The Polyvagal Ladder - Triggers & Glimmers Map

Use the sections to note down the things that move you between the different parts of your autonomic nervous system. Glimmers are the things that bring us into regulation and help us feel grounded and connected to ourselves and others. Triggers are things that move us into either the sympathetic or dorsal vagal part of our system.



Additional notes: