

Befriending the Nervous System

Based on Deb Dana's system in <u>The Polyvagal Theory in Therapy</u>, 2018

Personal Profile Map

Ventral Vagal Safe Social	Quality of Thoughts: Emotions: Body Feels Like:
	l am, The world is,
	Quality of Thoughts:
Sympathetic Mobilized Fight-Flight	Emotions: Body Feels Like:
	l am, The world is,
	Quality of Thoughts:
Dorsal Vagal	Emotions:
Immobilized Collapsed	Body Feels Like:
	I am, The world is,



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The Supported States:

Expanding the Continuum of
Safe and Social Supported Experience

