



**BLOSSOM**  
THE ART OF LIFE & HEALING

## Befriending the Nervous System

Based on Deb Dana's system in The Polyvagal Theory in Therapy, 2018

### Personal Profile Map



Quality of Thoughts:

Emotions:

Body Feels Like:

I am,...

The world is,...

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Based on Deb Dana's system in The Polyvagal Theory in Therapy, 2018

The Supported States:  
Expanding the Continuum of  
Safe and Social Supported Experience



Quality of Thoughts:

Emotions:

Body Feels Like:

I Am,...

The World Is,...

Quality of Thoughts:

Emotions:

Body Feels Like:

I Am,...

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