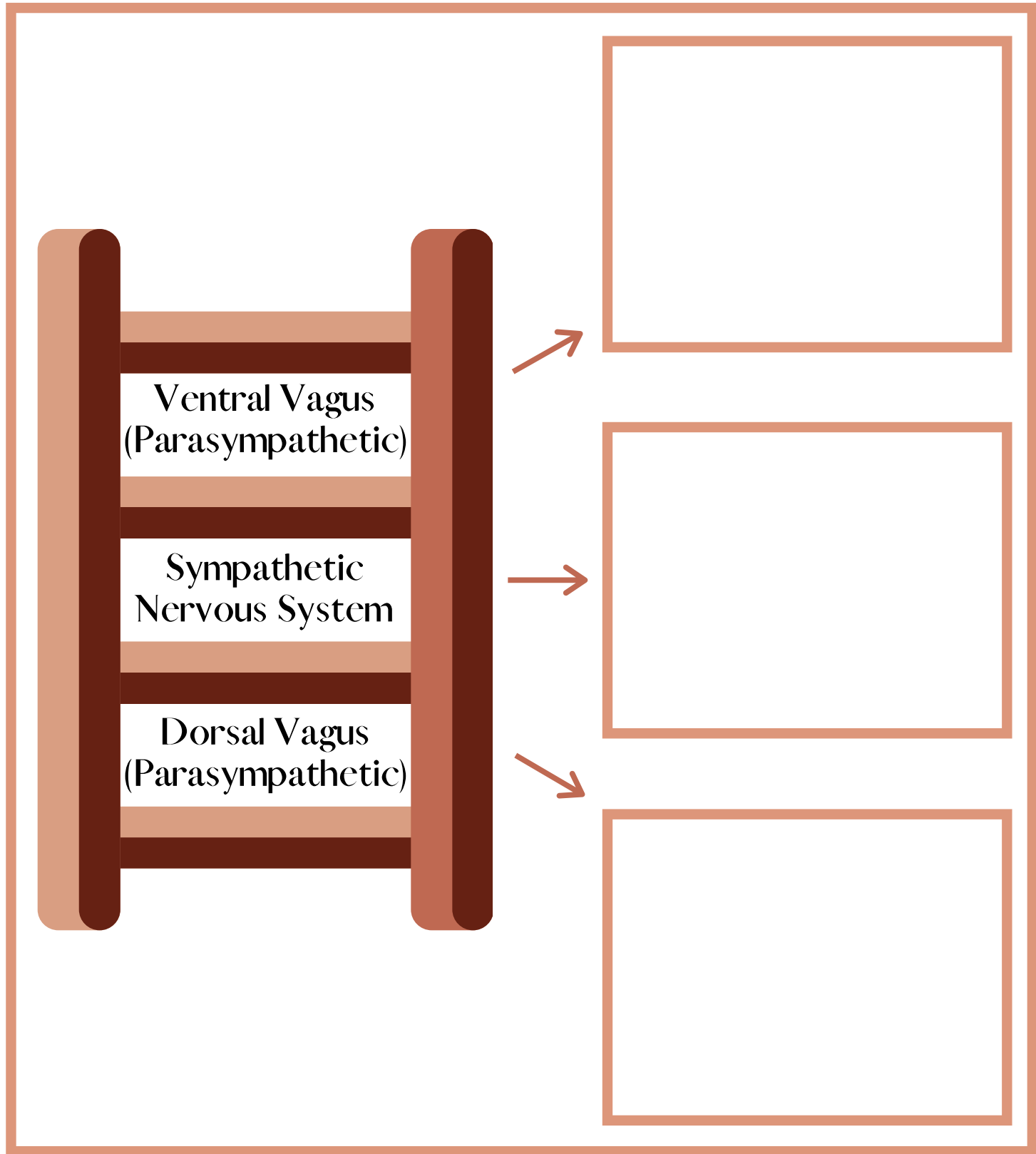




Personal Profile Map

Adapted from The Polyvagal Theory in Therapy by Deb Dana

Identify the thoughts and behaviors you exhibit at each level of the Polyvagal Ladder (i.e. "I am..." or "I do...").



Personal Profile Map



Adapted from The Polyvagal Theory in Therapy by Deb Dana

Think about the thoughts and behaviors listed on the previous page to answer the following questions

How does the Dorsal Vagal state impact your sleep, relationship with food, and use of substances?

How does the Sympathetic Nervous System state impact your sleep, relationship with food, and use of substances?

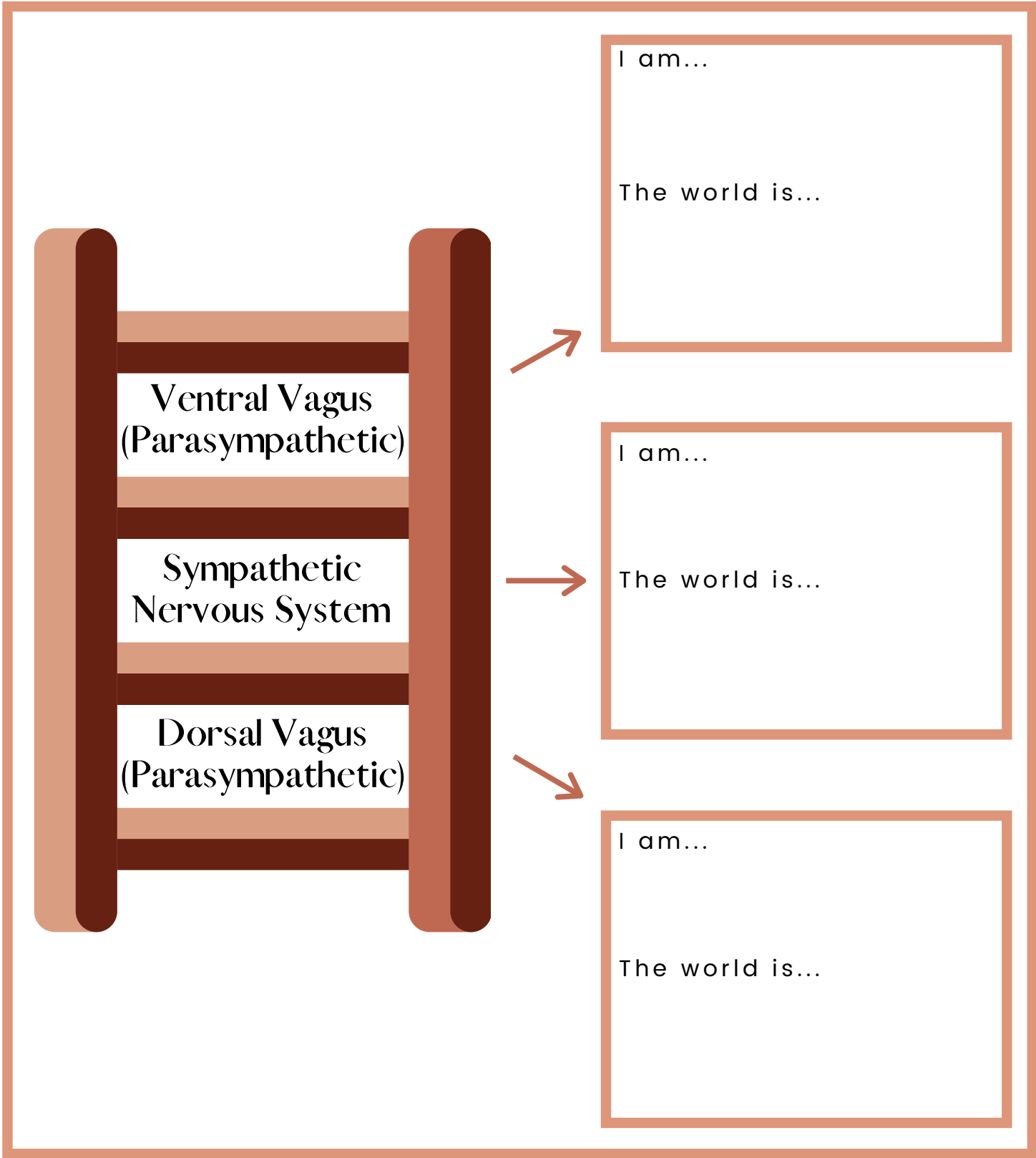
How does the Ventral Vagal state state impact your sleep, relationship with food, and use of substances?



Personal Profile Map

Adapted from The Polyvagal Theory in Therapy by Deb Dana

At each state, complete the sentences: "I am.... And the world is...."

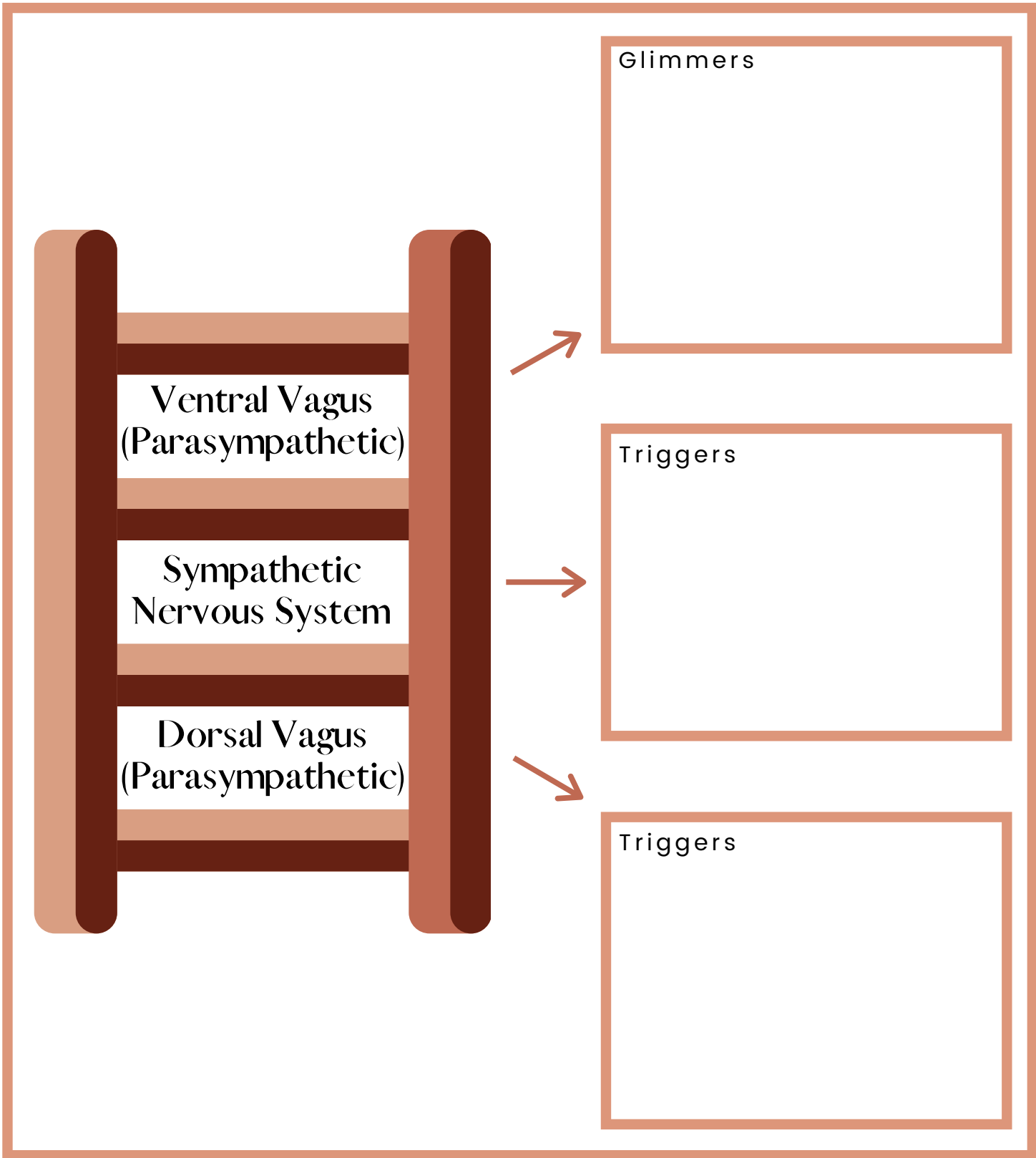




Triggers and Glimmers Map

Adapted from The Polyvagal Theory in Therapy by Deb Dana

Write out your primary glimmers that you experience in the Ventral Vagal state and the triggers that bring you in to the SNS and Dorsal Vagal states.





Returning to Safety On My Own

Adapted from The Polyvagal Theory in Therapy by Deb Dana

Write out what things you do for yourself that keep you in the Ventral Vagal state and actions you can take to return to that state when triggered.

What keeps me here:

Ventral Vagus
(Parasympathetic)

Sympathetic
Nervous System

Dorsal Vagus
(Parasympathetic)

What moves me
out of here:

What moves me
out of here: