

The Polyvagal Ladder - Personal Profile Map

Use the sections to map out the profile of your own autonomic nervous system. Start by noting down the things you experience in each state, then complete the sentences. This will start to raise your awareness about the different parts of your system, so you may become more familiar with them. There is no right answer - everyone is different in how they experience each state.

Ventral Vagal	<hr/>
Safe	
Social	<i>I am...</i> <i>The world is...</i>
Sympathetic	<hr/>
Mobilised	
Fight/Flight	<i>I am...</i> <i>The world is...</i>
Dorsal Vagal	<hr/>
Immobilised	
Collapsed	<i>I am...</i> <i>The world is...</i>

Additional notes: