

# NERVOUS SYSTEM FUNDAMENTALS

## POLYVAGAL LADDER



### VENTRAL

Rest & Digest. Elevated emotions like love, connection, joy, gratitude. The world is a friendly place. I love my life! Possibility everywhere.



### SYMPATHETIC

Threat. Fight or flight. Making an enemy. Mobilization of energy. Anger, rage, fear, anxiety, stress. Must solve a problem. Must do something. Possibility is threatened.



### FREEZE

Pressing the gas and break at the same time. Feeling a lot of energy but unable to take action. Stuck. Frustrated.



### DORSAL

Playing dead. Lack of possibility. Heavy, depressed, sad, heartbroken, numb, unmotivated, disconnection. What's the point? I'm alone.