The Polyvagal Ladder

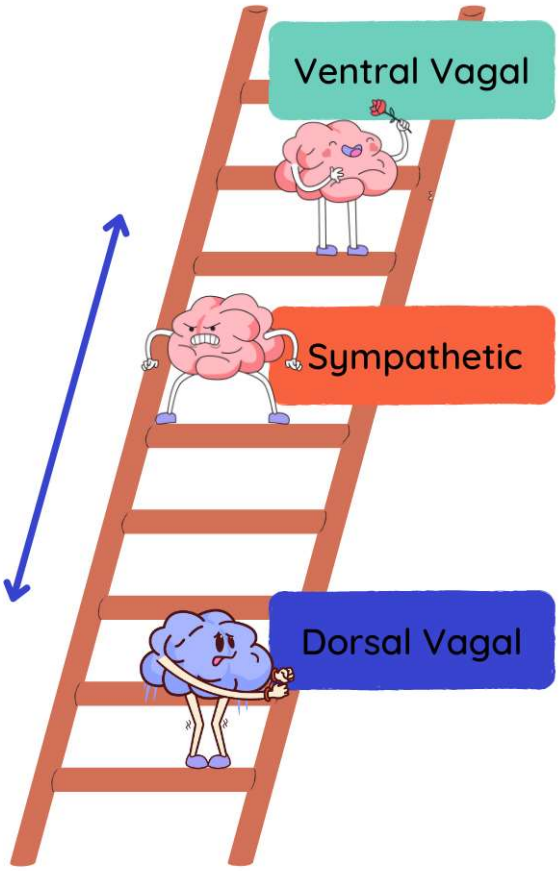


Here at CiM, we have all been enthused about psychologist & neuroscientist Stephen W. Porges' Polyvagal Theory (PVT).



Stephen W. Porges

The PVT explains the relationship between our social behaviour and our autonomic nervous system (ANS). Porges suggests we have three states based on our neuroception:



- we feel safe
- calm, grounded
- connected with people

- 'fight or flight'
- irritable
- mobilised

- 'freeze'
- shut down
- immobalised
- numb and spaced out

Where are you on the ladder?
Take a look at this toolbox to find ways to assist you!