

# *the autonomic ladder*

*Adapted from Deb Dana*

## VENTRAL VAGAL

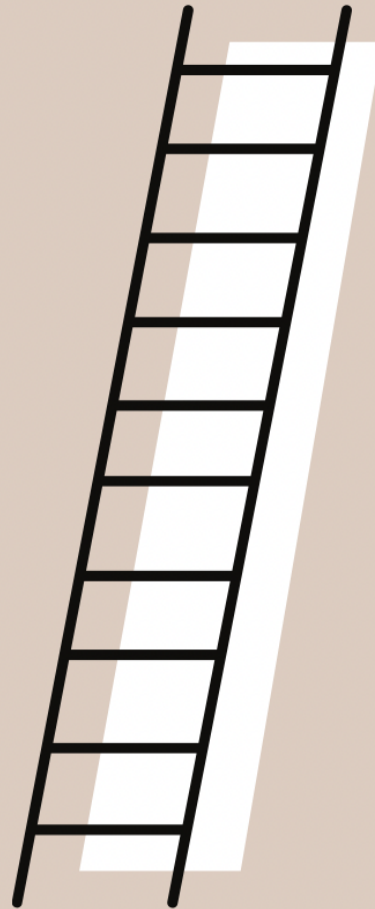
I feel connected to the  
greater world!

## SYMPATHETIC

I'm in danger. I need to  
run or fight back!

## DORSAL VAGAL

I can't cope. I'm  
collapsed and shut  
down.



@rachel\_elise