

Ventral Vagal Homeostasis Dorsal High choice Strong ventral brake		Feeling safe & connected to self & others, able to savor the moment. Embodied, wonder and awe is available, rest and digest. Decrease in heart rate, breath rate, blood pressure, physical fatigue. Increase in healthy digestive & immune system activity & response
Ventral Vagal Mobilizing Sympathetic Medium choice Strong ventral brake	Ventral Brake	Mobilization, playful, action-oriented, able to move into the unknown, safe discharge of energy. Excitement, aerobic exercise, embodied effort without injury, staying within pre-set boundaries. Super engaged at work with lots of problem-solving, focus & able to stop when tired. Decrease in blood pressure, cortisol, inflammation. Increase in heart rate, breath rate, homeostasis digestive activity.
Ventral Vagal Sympathetic Survival Dorsal Low choice Limited ventral brake		Able to observe our anxiety, irritation, agitation, prone to reactive actions. Risk-taking with less thought. Cravings. Utilizing past survival strategies with some observation. A loud inner critic. Can seek others to co-regulate emotions. Starting to have physical symptoms of pain, digestive complaints, acne, headaches, and neck pain.
Survival Sympathetic Survival Dorsal Low choice No ventral brake		Despair, ridged, freeze, high anxiety, panic attacks, irritation, anger - without observational self. Pure reaction. Others can't easily assist with co-regulation. Can't easily notice or access support and safety. inflammation, fat storage, dysregulated immune system activity, glucose dysregulation
Survival Dorsal Limited choice No ventral brake		Collapse, hopelessness. Withdrawal from connection, isolation, fatigue, brain fog, wonder & awe are far away, suicidal ideation, cutting, addictions, apathy. Increase in insulin activity & fuel storage in fat.