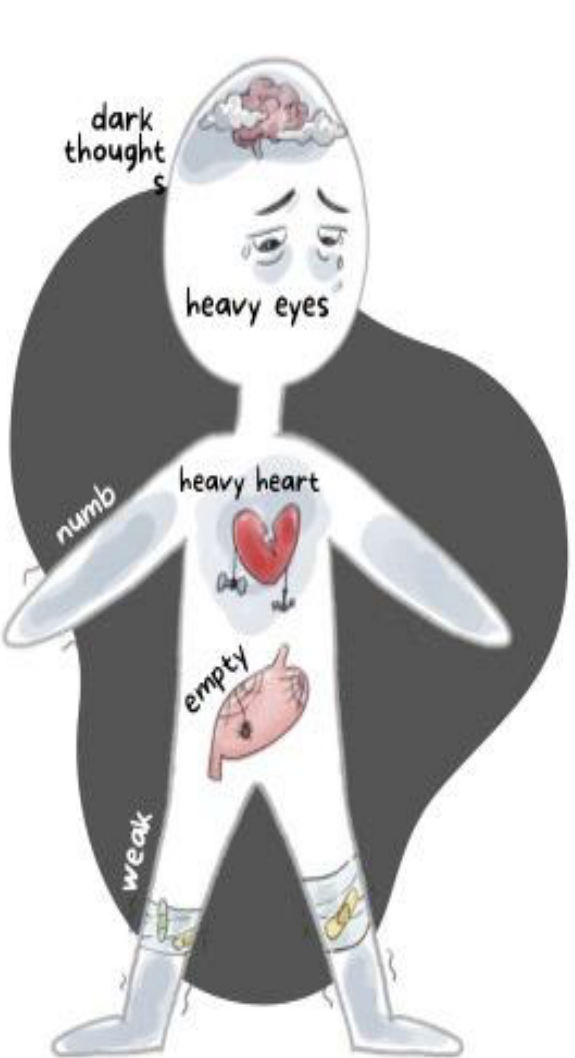
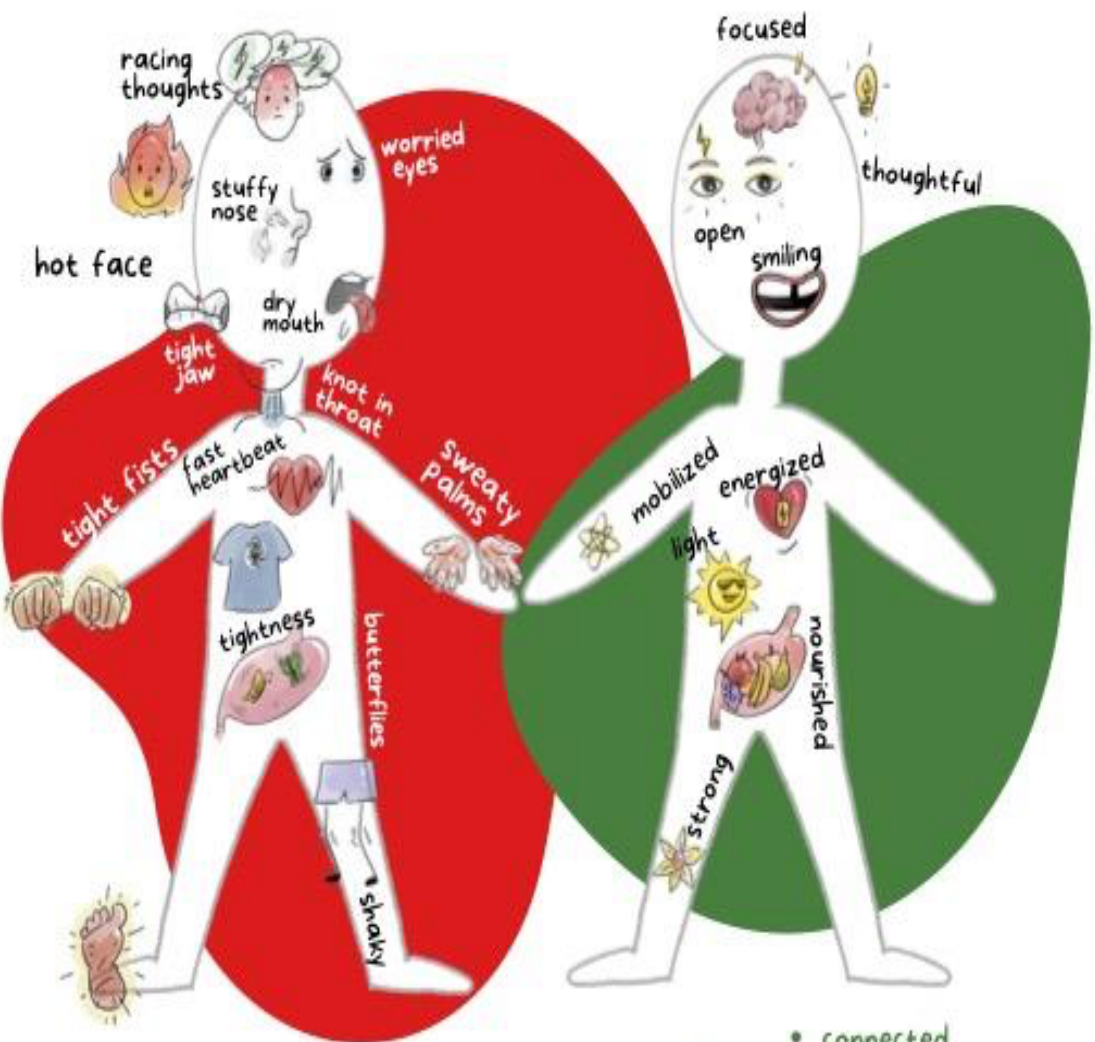


"In My Body, I'm Feeling..."

Polyvagal Theory Inspired Body Scans



- My cue word for this state is
- Dorsal Vagal**
- shame
 - numb
 - disconnected
 - helpless
 - hopeless
 - stuck
 - shutdown
 - depressed



- My cue word for this state is
- Sympathetic**
- irritated
 - rage
 - aggressive
 - clingy
 - worried
 - fearful
 - concerned
 - unsettled



- My cue word for this state is
- Ventral Vagal**
- connected
 - focused
 - coherent
 - flexible
 - alert
 - energized
 - aware