Polyvagal Theory Chart of Trauma Response

THREAT

H

DANGER

SAFETY

Southwest Trauma Training

UPDATED 4/2024

Dissociation Vagal **Shut Down/Collapse** Suicidal Conservation AROUSAL DECREASES Shame Depression **Physiology** Hopelessness **Trapped** Dorsa Disappearing Helplessness Confusion/Disorientation **Checked Out** Going Through the Motions CANT Overwhelm **FREEZE** Competing Impulses CAN Sympathetic **Mobilization Physiology** (Movement Toward Rage Panic Anger Fear Irritation Anxiety Worry & Concern Frustration **ALERT Social Engagement** Health, Growth /entral Vagal Compassionate & Restoration Calmness in Connection Curiosity/Openness Settled Grounded Mindful/ In the Present Moment VVC is the beginning and end of stress response.