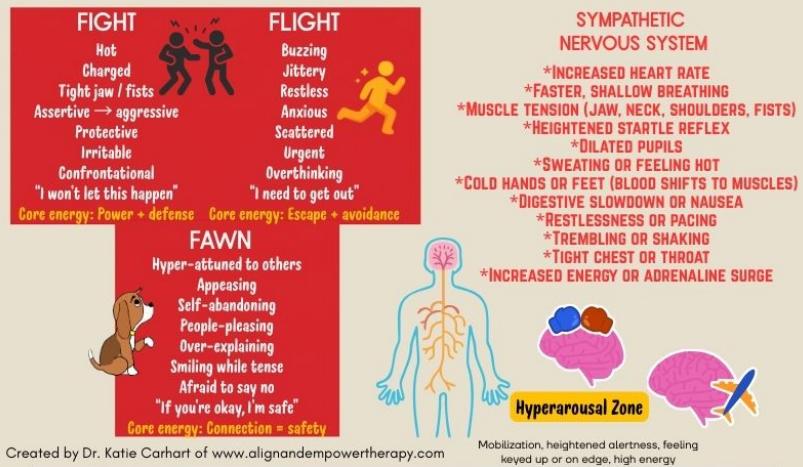


Polyvagal Theory

An overview of what happens during nervous system dysregulation and regulation



Created by Dr. Katie Carhart of www.alignandempowertotherapy.com

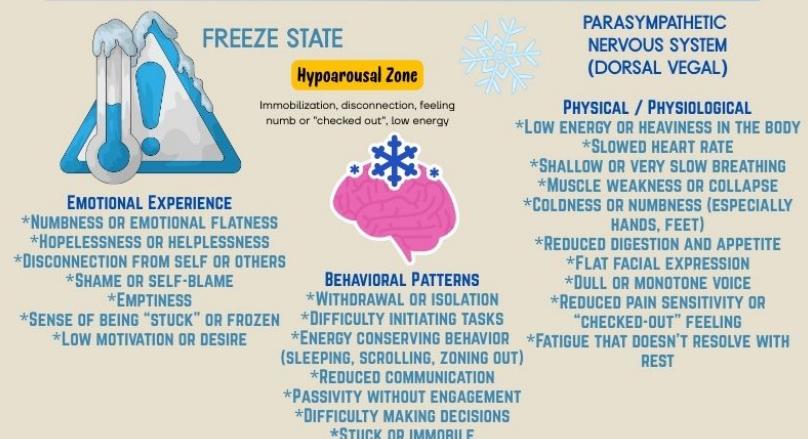
What are your cues that you are starting to push into fight, flight or fawn?

DYSREGULATION ZONE



DYSREGULATION ZONE

What are your cues that you are starting to push into freeze?



Polyvagal Theory explains how the nervous system adapts to safety and threat. Regulation is not about eliminating stress responses, but about increasing flexibility and the capacity to return to connection. This infographic is based on Polyvagal Theory developed by Stephen Porges, and further translated into clinical practice by Deb Dana and others.