Ventral Vagal	Glimmers	
Safe		
Social		
		_
		7
Sympathetic	Triggers	
Mobilized		
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Fight - Flight		
		_
Densal Vagal	Triggers	
Dorsal Vagal		
Immobilized		
Illillopilizea		
Collapsed	© Deb Dana. From Dana, D. (2018). The polyvagal theory in therapy: Engaging the rhythm of regulation. New York: W. W. Norton.	