POLYVAGAL THEORY

Too Much Energy

Survival Mode

SYMPATHETIC NERVOUS SYSTEM

RAGE PANIC FEAR

FIGHT **FLIGHT** OR

HYPERAROUSAL

yelling · defensive · pacing · hyperalert run away · uncomfortable

 can't register consequences



DYSREGULATION *****

Optimal Energy | COMMUNICATION | CONNECTION

Self-Control

PARASYMPATHETIC NERVOUS SYSTEM:

FEEL FEELINGS LOVE · JOY · PEACE PATIENCE · KINDNESS **GENTLENESS**

SAFE

WINDOW of TOLERANCE

(REGULATION)

aware of: self · time · space · others

RELATIONSHIPS

· consider consequences

- · focus
- · logic
- · reason
- · problem solve
- · curious
- · flexible

· blank

· trance

· check-out

· long pause

· Next Right Step





DYSREGULATION

Lack of Energy

Survival Mode

PARASYMPATHETIC NERVOUS SYSTEM: DORSAL VAGAL

FLAT AFFECT NO FEELING NUMB

FREEZE

SHUT DOWN

HYPOAROUSAL

· feel far away exhausted · slow · tired · trouble focusing enduring · lack of motivation · avoiding & isolating

DISSOCIATION

CharissaFry.com

How Trauma Can Affect Your Window of Tolerance

HYPERAROUSAL

This is when you feel extremely anxious, angry, or even out of control. Unfamiliar or threatening feelings can overwhelm you, and you might want to fight or run away.

DYSREGULATION

This is when you begin to feel agitated. You may feel anxious, revved up, or angry. You don't feel out of control, but you also don't feel comfortable.



This means that it may be harder to stay calm and focused. When you're outside your window of tolerance, you may be more easily thrown off balance.

WINDOW OF TOLERANCE

This is where things feel just right, where you are best able to cope with the punches life throws at you. You're calm but not tired. You're alert but not anxious.



Your Work with Your Practitioner Can Help to Enlarge Your Window of Tolerance.

They can help you stay calm, focused, and alert even when something happens that would usually throw you off balance.

DYSREGULATION

This is when you begin to feel like you're shutting down. You may feel a little spacy, lose track of time, or start to feel sluggish. You don't feel out of control, but you also don't feel comfortable.



HYPOAROUSAL

This is when you feel extremely zoned out and numb, both emotionally and physically. Time can go missing. It might feel like you're completely frozen. It's not something you choose – your body takes over.

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