	Things I can do on my own:	Things I can do with others:
Ventral Vagal	What helps me stay here?	What helps me stay here?
Safe		
Social		
	What moves me out of here?	What moves me out of here?
Sympathetic	What moves me out of here?	What moves me out of here?
Mobilized		
Fight – Flight		
1		
	What moves me out of here?	What moves me out of here?
Dorsal Vagal		
5		
Immobilized		
Innoonized		
Collapsed		