

Polyvagal Map

Overwhelm

Immobilisation

Mobilisation

Coping {
Joy
Being in the present moment
Grounded
Calmness

Life Threat
I CANNOT
Undercoupling

Flight
Moving-away
Fight
Moving-towards

I MUST
Danger
Overcoupling

I CAN

Safty & Connection
I AM
„Grazing“

Paralysis, Catatonia, Numbness
Rigidity, Freeze, Coldness,
Uprightness, Emptiness,
Shutdown, Hopelessness,
Sense of Imprisonment
Preparation for Death
Dorsal Vagus
Playing Dead Reflex

Re-Experiencing
Flashbacks
„Wrongness“
Sympathicus
activating NS

Deactivation

Connection
Deep Contact
Orientation
Spaciousness
Ventraler Vagus
Sozial NS