



# On the Ladder

Social Nervous System	Mental	Emotional	Physical	Social	Our state becomes our story
<b>Ventral Vagal</b> Connected and securely attached	Curious Clear mind Creative Flexible Focused Concentration Positive Outlook Peaceful ease Playfulness Flexible	Happy Joy Love Even Mood Curious Available	Vibrant Relaxed muscles Even breathing Moderate heart rate Ease of elimination Restful sleep Expressive facial movements Vocal prosody Saliva in mouth Sparkle in eyes	Loving Caring Attuned Responsive Interactive Patient Creative Available Receptive Compassionate	I am...
<b>Sympathetic</b> Mobilized Fight - Flight	Over-focused Distracted Difficult to concentrate Negative outlook Rigidity Repetitive thoughts Rapid thoughts	Annoyed Irritable Angry Worried Anxious Fearful Terror Rage	Tight muscles Fast shallow breathing Rapid heart rate Cold hands and feet Excessive perspiration Poor digestion Lack of appetite or excessive appetite Restless, tension Pressured speech Agitated Shakiness Excessive movement Eyes darting Tunnel vision Hearing altered	Impatient Self-focused Confrontational Avoidant Hard to process information Unable to take in information	I am...
<b>Dorsal Vagal</b> Shut down Immobilization Survival State	Hopeless Stuck Trapped Overwhelmed Scattered Spacey Confusion Dreamy Forgetful Blank mind	Numb Apathy Shame Depression	Conservation State Anesthesia Digestive impairment Lack of sensation Tight or overly soft muscles Slow shallow breathing Dizziness Numbness Blurry vision Flat facial expression Monotone voice Clumsy - Motor coordination impairment Loss of voice	Disconnected Non-responsive Shut down Checked out Unavailable Lost Cut off	I am...