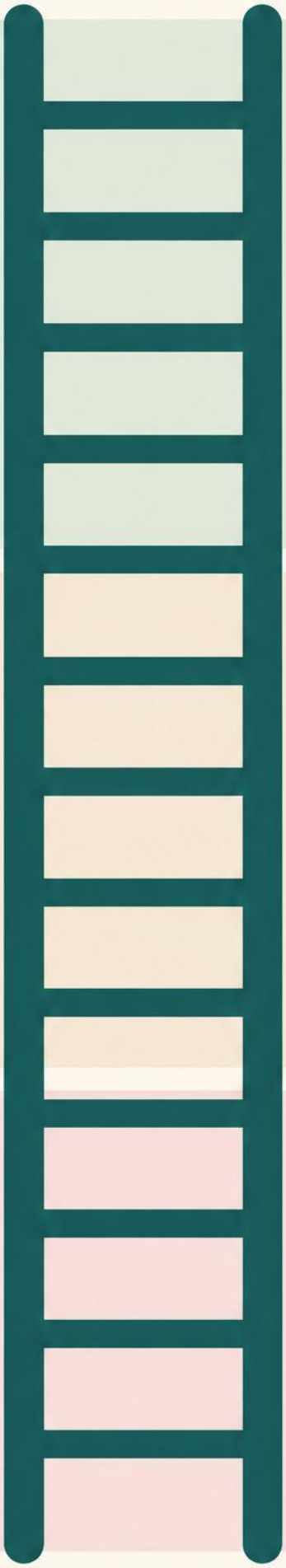
THE NERVE OF HER

The Polyvagal Ladder





Ventral Vagal

safe
connected
calm
curious
open
excited
energetic
clear
empowered



Sympathetic

fear
panic
rage
frustration
lack of focus
anxiety
concern



Dorsal Vagal

overwhelm
shame
hopelessness
checked out
shut down
collapse

The Nerve of Her

Sources: Deb Dana, Anchored (2021) · Stephen Porges, The Pocket Guide to the Polyvagal Theory (2017)