

# The Autonomic Ladder

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## VENTRAL VAGAL

Neuroception of safety

Social, engaged, connected



## SYMPATHETIC

Neuroception of danger

Mobilized, action taking, fight and flight



## DORSAL VAGAL

Neuroception of life-threat

Immobilized, shut down, collapsed



# Autonomic Mapping Activity



VENTRAL VAGAL  
Safe, connected

I am...  
The world is...

SYMPATHETIC  
Mobilized,  
Flight or flight

I am...  
The world is...

DORSAL VAGAL  
Immobilized,  
collapsed

I am...  
The world is...

# Notice and Name Skill

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**1** Notice where you are on the autonomic map

**2** Name the state

**3** Turn toward your experience

**4** Bring curiosity

**5** Listen for a moment to the story of your state

