

Polyvagal Checklist

If you have a solid understanding of these pieces, put a check! If not, keep learning!

Checklist from Justin Sunseri, LMFT99147
Find more at JustinLMFT.com

Polyvagal Theory from Dr. Stephen Porges

- Autonomic nervous system
- Autonomic state
- Polyvagal ladder
- Neuroception
- The vagus nerve
- The vagal brake
- Story follows state
- Safety & social engagement
- Flight & fight
- Shutdown
- Play
- Stillness & Intimacy
- Freeze
- Fawn & Appease
- Behavioral adaptations
- Co-regulation
- Self-regulation
- Connection to trauma