

Ventral Mapping

The Nervous System

We move through 3 states of the nervous system throughout each day, similar to climbing up and down a ladder.

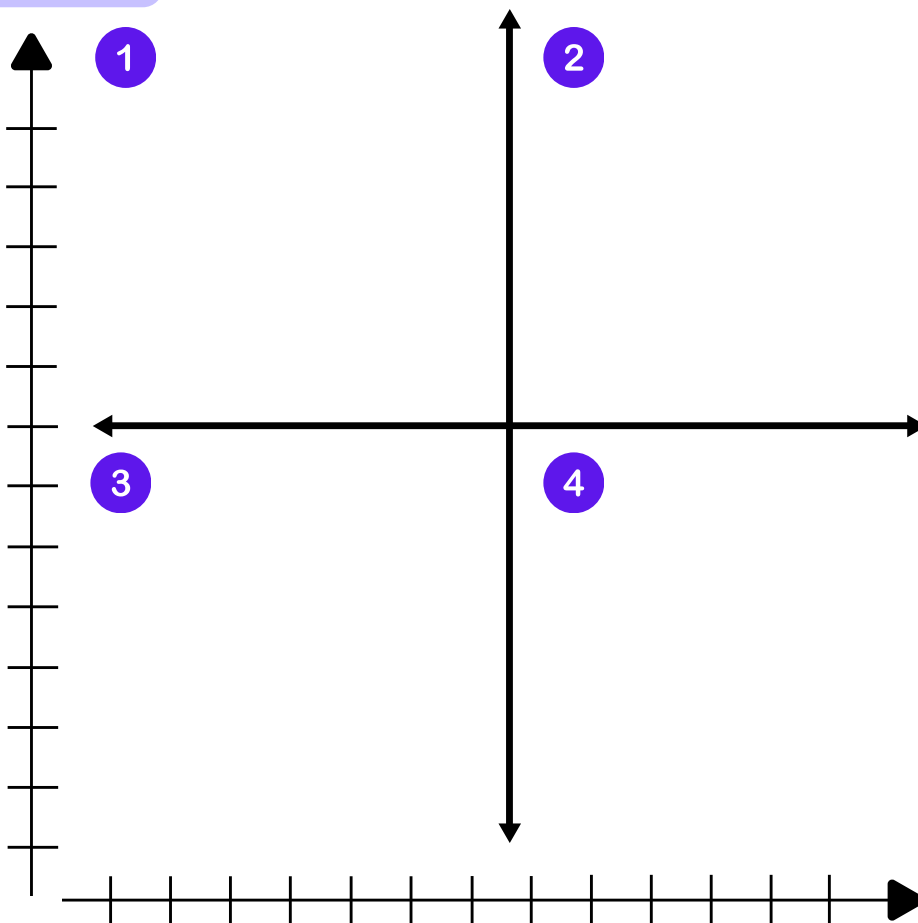
1. **Ventral Vagal:** Social & Safe
2. **Sympathetic:** Fight or Flight
3. **Dorsal:** Shutdown



Climb the Ladder

If you are finding yourself farther down the ladder (anxious, depressed, dissociated) and are having difficulty climbing back up, you can map your way back by **acting** your way into **being** in ventral.

Energy



1
list 3 activities you like to do when you are high energy, but prefer to be alone i.e. exercise

2
list 3 activities you like to do when you are high energy, and feeling social i.e. walking tour of the city

3
list 3 activities you like to do when you are low energy and antisocial i.e. read

4
list 3 activities you like to do when you are low energy and feeling social i.e. go to the movies

Social