

Mapping My Nervous System

State	Feelings	Body	Story/Thoughts	My Reaction	What I'd like to do
Window of Tolerance (Ventral Vagus)					To gain more frequent access.
Hyper-Arousal (Sympathetic) Fight or Flight					To move back to my window.
Hypo-Arousal (Dorsal Vagus) Collapse					To move back to my window.

