Nervous system state lines

Mapping the nervous system is a tool within the scope of Polyvagal Therapy, developed by Deb Dana and Stephen Porges. Getting to know your nervous system better will help overtime to increase awareness of nervous system states and therefore our capacity to guide our system in one way or another.

Fill in the form, starting from left to right, starting at the least extreme states, just when this nervous system state is clicking in, and ending with full on dorsal or sympathetic state.

We will do this together as nervous system states get activated when describing them.

We will then create a glimmer sheet

Dorsal example:

FULL DORSAL

Suicidality

Despair

Collapsed

Depressed

Hopeless

Can’t connect to anyone or anything

Meaninglessness

Don’t count

Isolated

Dissociated

Worthless

Unwanted

Self harm

Shut down

Numb

Hurt

Confused

Unsure

A bit disorganised

JUST ENTERING DORSAL