



IFS Perspective of Polyvagal Theory

Safety Social Engagement	Danger Sympathetic	Life Threat Dorsal Vagal
Parasympathetic	Vigilance. Flight. Fight.	Parasympathetic
Ventral Vagal	Mobilize	Immobilization
Regulated and relaxed	Hyper-arousal	Hypo-arousal
Connected and engaged	Survival state	Survival state
Attentive. Ready to learn. Problem solve	Increased: heart rate, blood pressure, and breathing	Hopelessness. Helplessness
Relaxed breathing	Quick to blame, attack, or judge	Shame
Slow heart rate	Dissociative panic and rage arise	Overwhelming fear
Open facial expression	Parts are triggered	Dissociation
Communicating well	Protector parts take over	Collapse. Numb. Shutdown
Access to Self-energy		Parts triggered and take over

*Adapted by Nancy Sowell, 2020