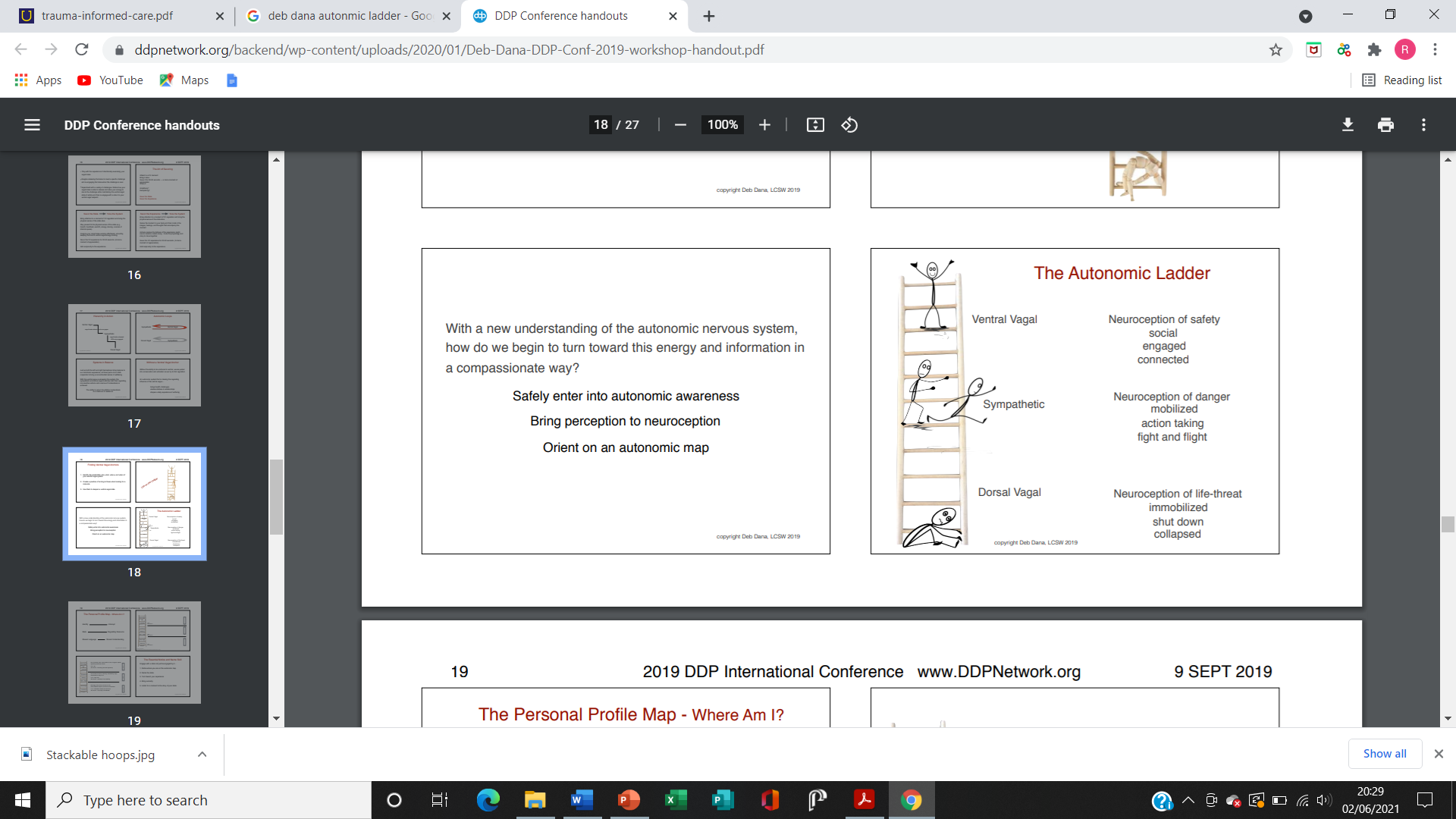
**The Autonomic Ladder\* Exercise 1\*\***

\*Reproduced with kind permission from Deb Dana.

\*\*Exercise from: Dana, D. (2020). *Befriending your nervous system: Looking through the lens of polyvagal theory.* Sounds True.



**Complete the following sentences for each autonomic state:**

**I am…**

**The world is…**