**The Autonomic Ladder\* Exercise 1**

\*Reproduced with kind permission from Deb Dana.

 **What does my dog look like…**

|  |  |
| --- | --- |
| **Ventral Vagal:****Safety & Connection** |  |
| **Sympathetic:****Fight or Flight** |  |
| **Dorsal Vagal:****Shut-Down** |  |

