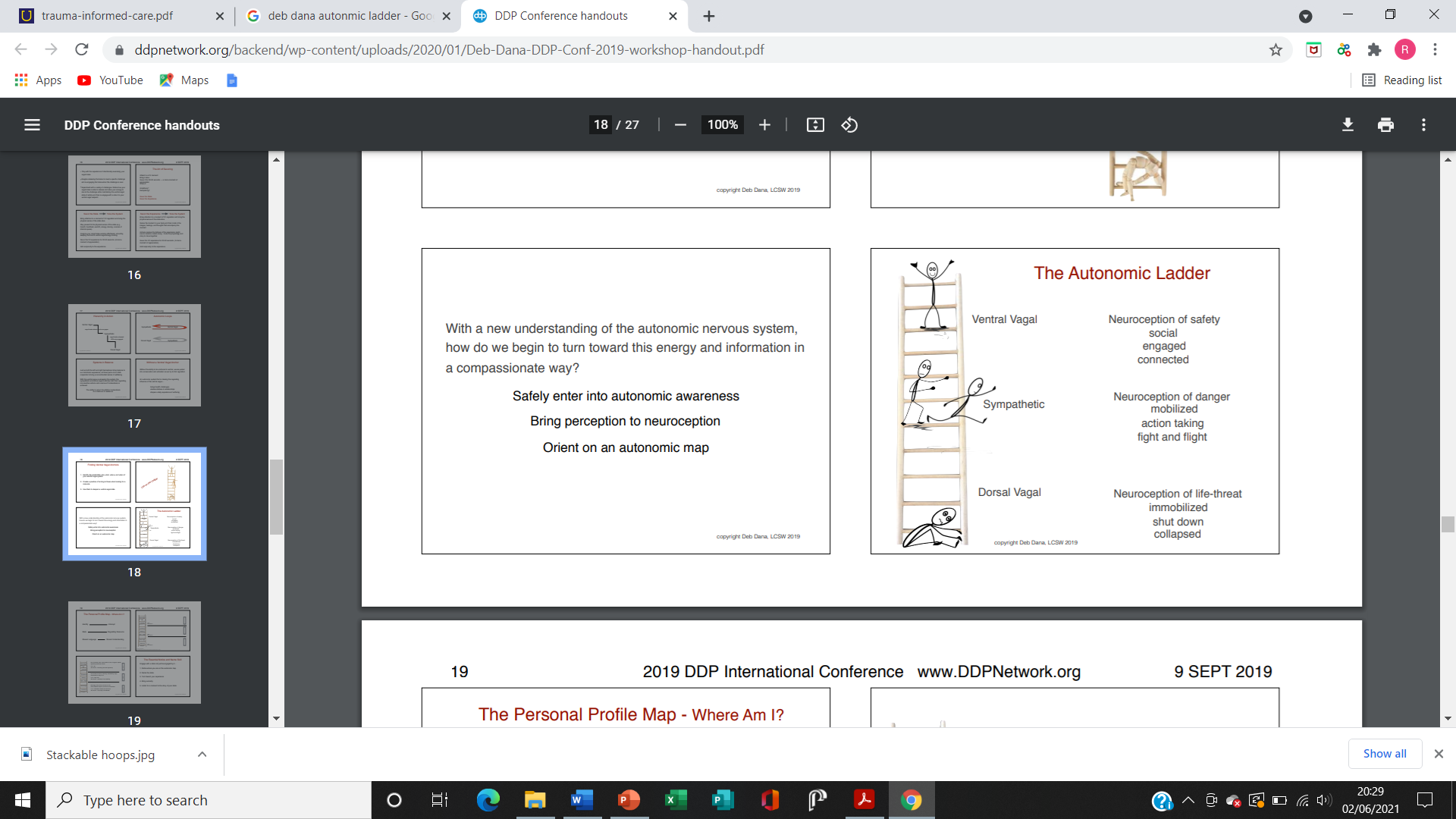
**The Autonomic Ladder\* Exercise 1**

\*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** |  |

