

SYMPTOMS OF REGULATION & DYSREGULATION



"When our perception shifts, we change the symptoms in our nervous system." - Lisa Dion

Sympathetic Response

Perception of Threat/Challenge

- **Fight/Flight**
- Hyper-alert
- Hyper-vigilant
- Increased heart rate
- Defensive
- "Pounding" sensation in the head
- Anxious
- Excessive Motoric Activity
- Overwhelmed, Disorganized
- Highly Irritable
- Uncontrollable bouts of rage
- Aggressive
- Dissociation

Parasympathetic Ventral Vagal Response:

Neuroception of Safety

- **Mindful/Regulated**
- Able to make conscious choices
- Eye contact (within cultural context)
- Display wide range of emotional expression
- "In the body"
- Poised
- Able to communicate verbally in a clear manner
- Think logically/clearly
- Feel "grounded"
- Able to notice breath
- Internal awareness of both mind & body

Parasympathetic Dorsal Vagal Response:

Perception of Threat/Challenge

- **Collapse/Immobilization**
- Appear life-less
- Non-expressive
- Numbing
- Lack of motivation
- Lethargic/Tired
- Helplessness
- Depression
- Isolation
- Dissociation
- Dulled capacity to feel significant events
- Emotional constriction