

SYMPTOMS OF REGULATION & DYSREGULATION

"When we integrate our perceptions, we change the symptoms in our nervous system." - Lisa Dion

Sympathetic Response

Perception of Threat/Challenge

- Freeze, 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
- Able to make eye contact
- "In the body"
- Poised
- Display wide range of emotional expression
- 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