

Moving from Freakout to Freedom: Polyvagal Training

This training gives you proven methods to:

- Transition from freakout to freedom in 10 minutes or less
- Pause blaming, personal shaming, and self-judgment
- **Activate your confidence** so you can immediately get **unstuck** and take courageous actions

Key Concept #1: Neuroception1 - "Am I safe or not safe?"

Every human has a 6th sense in the form of a 24/7 safety scanner known as "Neuroception."



The term "Neuroception" describes how our neural circuits distinguish whether situations or people are safe, dangerous, or life threatening.

Neuroception: A Subconscious System for Detecting Threats and Safety

Porges, Stephen W. / Zero to Three (J), v24 n5 p19-24 May 2004

<https://eric.ed.gov/?id=EJ938225#:-:text=The%20term%20%22Neuroception%22%20describes%20how,a%20stranger%20as%20an%20assault.>

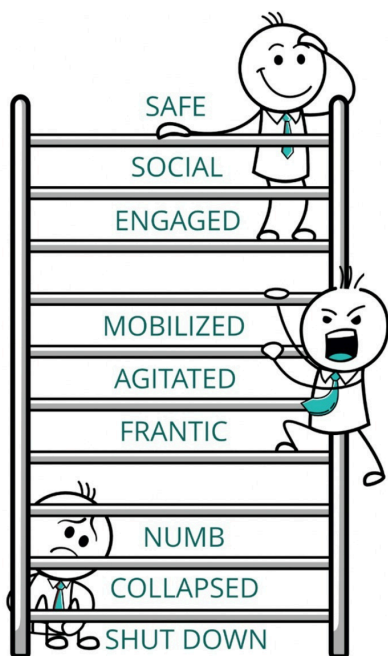
Neuroception means our nerves are sensing: Is this familiar or not familiar? Is it safe or not safe?

While it's scanning, neuroception uses your vagus nerve 2 to tell your body what it's noticing.

And if the message is, "we're unsafe," your body gets flooded with the sensations you may be familiar with: heart pounding, high alert, sweaty palms, brain fog... the list goes on.

And because neuroception happens faster than cognitive thought, your brain races to come up with a story that can make sense of the feelings & emotions that are happening in your body.

Key Concept #2: Seeing your autonomic nervous system as a ladder



My Attitude in Ventral Vagal³ Activation

- I'm feeling at ease and can manage whatever comes my way.
- I feel empowered and connected. I see the big picture and
- connect to the world and people in it.

My Attitude in Sympathetic⁴ Activation

- I am getting overwhelmed and having a hard time keeping up.
- I feel anxious and irritated.
- The world seems dangerous, chaotic, and unfriendly.

My Attitude in Dorsal Vagal⁵ Activation

- I am buried under a huge load and cannot get out.
- I am alone in my despair.
- The world is empty, dead, and dark.

Adapted from *The Polyvagal Theory in Therapy* by Deb Dana

Courtesy of:

<https://sequencewiz.org/2019/10/09/how-your-autonomic-nervous-system-defines-your-mental-state-reactions-and-behavior/>

Key Concept #3: The questions to ask yourself whenever you feel unsafe or stressed

Grab some paper or the note pad on your phone and answer these 4 questions:

1. What is currently freaking/stressing me out?
2. Where do I feel this in my body?
3. What emotions do I feel when I have this thought?
4. What other thoughts accompany this primary thought?
5. What actions & behaviors do I take when I think these thoughts?

Key Concept #4: Discovering your patterns in each zone of activation

In each column, write your thoughts, emotions, physical sensations, and actions/behaviors you experience when in each zone. *Examples have been provided for you.*

	Thoughts	Emotions	Physical Sensations	Actions & Behaviors
Green Zone Ventral Vagal <i>(SES: Social Engagement System)</i>	I'm in my zone! I've got this! The wind is in my sails!	Compassion Confidence Hopeful Courageous Joyous	Openness Peaceful Relaxed Flexible	Kind delegation Commitments Creativity Connecting
Yellow Zone Sympathetic Mobilized Fear (Fight/Flight)	Why can't you get this done? I guess I'll have to do it myself!	Judgement Anger Frustration Irritation	Teeth clenched Gripping Holding breath Jaw, shoulder tightness	Blaming Fighting Delegation back to yourself
Red Zone Dorsal Vagal Immobilized Fear (Freeze/Collapse)	I'm done. I just can't. I'm not smart enough. Nobody is helping me.	Exhausted Hopeless Depressed Sad Shame Embarrassment	Numb Tightness in chest Throat closed Migraine Heaviness	Scrolling social media Numbing Isolation Substances Avoidance

Key Concept #5: What you need to do to improve your situation

Red Zone: Dorsal Vagal

- Roll a joint
- Roll all your joints
- Shake your body
- Stretch your sweater
- Write your Dorsal Thoughts in a note or a journal

Yellow Zone: Sympathetic

- Shake your body
- Stretch your sweater
- Write your Dorsal Thoughts in a note or a journal

Green Zone: Ventral Vagal

- Write your Dorsal Thoughts in a note or journal
- Take yourself on a Dorsal Date

Glossary

[1] **Neuroception:** The “safety scanner” that uses your DNA & past experiences to sense whether you are safe.

[2] **Vagus Nerve:** The neuroception processor. It connects almost every organ in your body.

[3] **Ventral Vagal:** The “Green Zone” of your body & thoughts. You know you’re in Ventral when you feel at ease, confident, capable, curious, and connected with yourself, the world, and people.

[4] **Sympathetic Vagal:** The “Yellow Zone” of your body & thoughts, also known as “fight and flight.” You know you’re in Sympathetic when you feel overwhelmed, agitated, frustrated, angry, and like you are having a hard time keeping up. Connections with yourself & others feel unfriendly, annoying, and dangerous.

[5] **Dorsal Vagal:** The “Red Zone” of your body & thoughts, also known as overwhelm, headed toward collapse and shut down. You know you’re in Dorsal when you feel foggy-headed, in despair, and buried. Connections with yourself & others feel difficult, impossible, dark, and empty.

Email us at programs@ethicalsalesinstitute.com about your experience following this training! What was it like before? What was it like now? How is it going?

Share your questions, results, comments, inquiries, etc.

Use the subject line “Freakout to Freedom.”

Date: _____

1. What is currently freaking/stressing me out?

2. Where do I feel this in my body?

3. What emotions do I feel when I have this thought?

4. What other thoughts accompany this primary thought?

5. What actions & behaviors do I take when I think these thoughts?

	Thoughts	Emotions	Physical Sensations	Actions & Behaviors
Green Zone Ventral Vagal				
Yellow Zone Sympathetic				
Red Zone Dorsal Vagal				

Red Zone: Dorsal Vagal

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Yellow Zone: Sympathetic

- Shake your body
- Stretch your sweater
- Write your Dorsal Thoughts in a note or a journal

Green Zone: Ventral Vagal

- Write your Dorsal Thoughts in a note or a journal
- Take yourself on a Dorsal Date