Deb Dana “The Touch Taboo” psychotherapynetworker April 2019

For each zone, please think about and answer these two questions:

I am \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The world is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Autonomic Nervous System (ANS)

**Dorsal Vagal**

Silent, Unfocused, Numb, Hopeless, Helpless, Shut Down, Abandoned

**Sympathetic**

Out of control, Angry, Confrontational, Fearful, Seeking

**Ventral Vagal**

Openhearted, Engaged, Curious, Playful

