

POLYVAGAL VIDEO SERIES

VIDEO #3 MOVING INTO ACTION



Use the chart below to explore
your experiences of feeling safe
or unsafe

Use **one color** to draw or write about how **being connected to others helps you feel safe** in this situation.



Use **one color** to draw or write about how **you can help yourself feel safe** in this situation.



COMPLETE
SAFETY



COMPLETE
SHUTDOWN

Use **one color** to represent feeling **unsafe** to write or draw about your experience of feeling **unsafe**.

