

Polyvagal Video Series

Video #6

Using the 5 Senses to Identify Safety Cues



WHAT DO YOU SENSE?

Our five senses are directly related to how we experience safety. Use the space below to identify what makes you feel unsafe and what brings you a sense of safety.

	SAFE		UNSAFE
Sight		↓	
Sound		↓	
Smell		↓	
Taste		↓	
Touch		↓	