

## What Is It

Polyvagal Theory maps how the nervous system shifts across connection, mobilization, and shutdown in response to relational cues. This map offers a practical way to notice body changes early, before tension becomes automatic and conversations narrow.

Labeling your state creates space to choose response over reflex and protect clear thinking in hard moments. With regular use, this map helps partners stay steady, direct, and collaborative during pressure.



Regulation

## The Why



Stability

- Reduces reactive cycles and clarifies choices during relational pressure, so conversations stay focused on useful next steps.
- Improves your ability to steady breathing and posture before difficult dialogue, lowering escalation risk.
- Supports clearer boundaries and protects mutual autonomy under strain, preserving collaborative problem solving in tense moments.

## The How

1. Pause for ten seconds, notice one body signal, and name your current state with a neutral word.
2. Scan for one stabilizing cue that supports steadier breath, posture, or eye contact before responding.
3. State one clear boundary or request, then ask one curiosity question to keep the exchange open.
4. Close by naming one next action and scheduling a brief check-in to review progress this week.



Practice

## Pro Tip

Start smaller than you think. A steady first step builds traction and prevents overload during difficult conversations.