Your Autonomic Nervous System and Corresponding Automatic Reactions

Historical Context
- Learned Experience (Timeline)
- Traumatic events

Current Context
Situational triggers
Automatic Perceived threats
(Neuroception)

(Situational Reaction)
- S – Situation
- P – Physical Symptoms
- A – Actions
- C – Cognitions
- E - Emotions

Ventral Vagal Complex (VVC) Parasympathetic nervous system (PNS) Brake system	**Sympathetic Nervous System (SNS)** Accelerator	**Dorsal Vagal Complex (DVC)** Parasympathetic Nervous System (PNS) Emergency Brake system
• Being safe based on facts • Relaxation of body and mind • Connection with others	• Feeling unsafe • Fight/Flight • Difficulty connecting	• Conservation • Dissociation • Disconnection
Situations/triggers	**Situations/triggers**	**Situations/triggers**
My Reactions (SPACE)	**My Reactions (SPACE)**	**My Reactions (SPACE)**
My Relationships	**My Relationships**	**My Relationships**

Core beliefs: I am…

The world is…