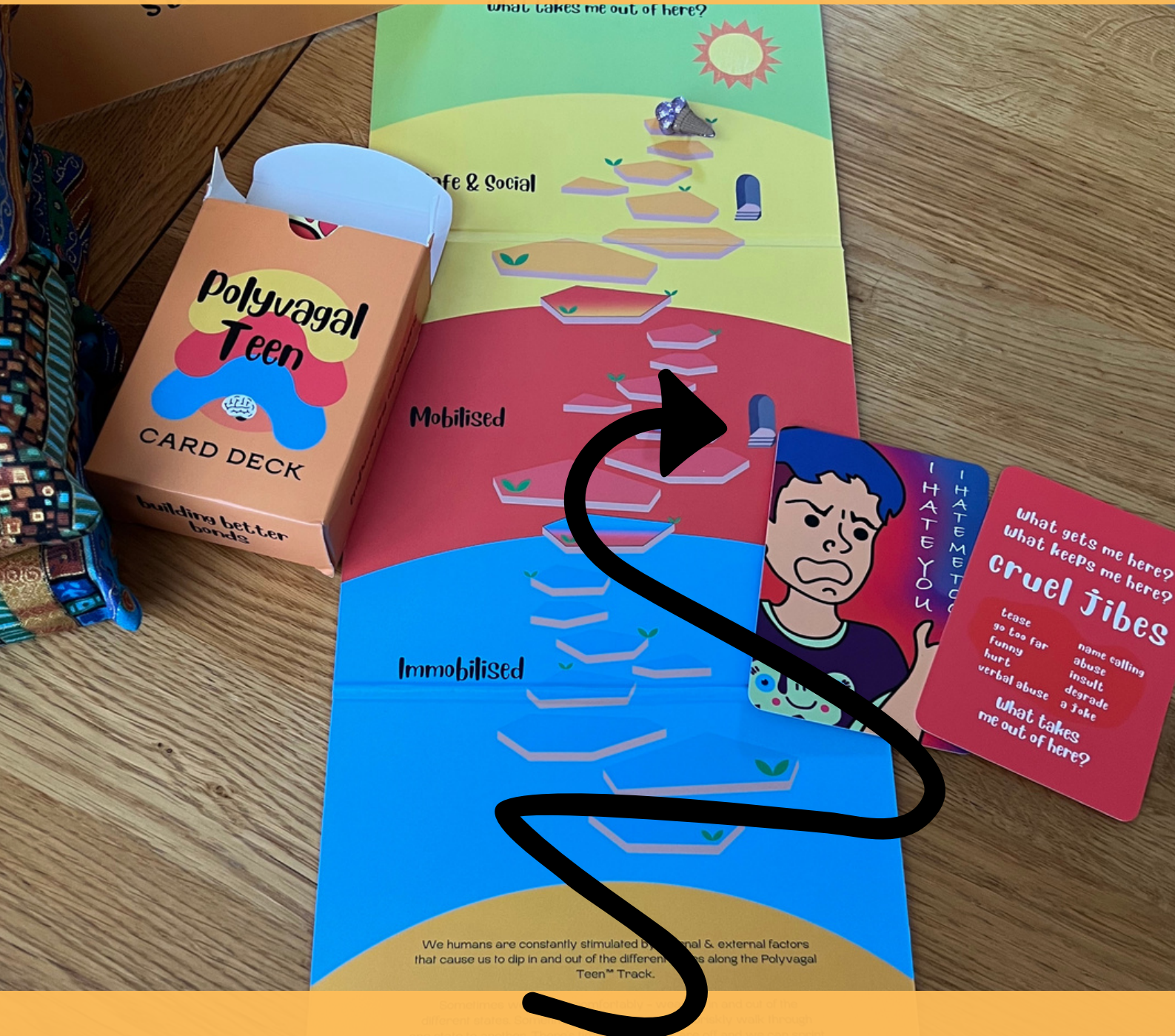
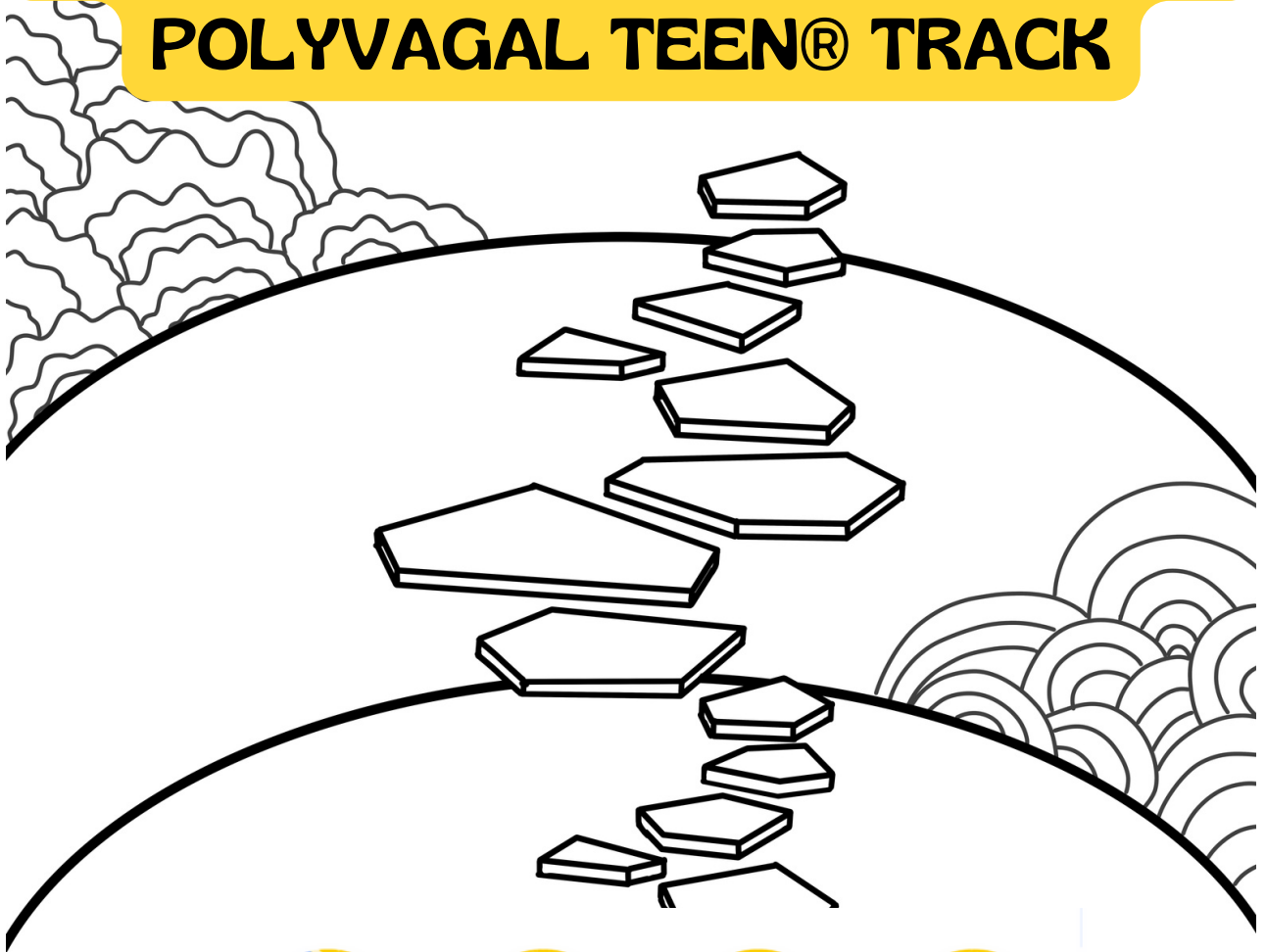


POLYVAGAL TEEN[®]



Making The Polyvagal Framework Accessible to Young People, families, educators, therapists, social workers & the neurodivergent individual

GUIDE TO THE WHAT'S MY STATE POLYVAGAL TEEN® TRACK



**DOWNLOAD
YOUR GUIDE**

3 SIMPLE STEPS TO MAKING CHANGE

THE R.U.D® PROCESS

BY YASMIN SHAHEEN-ZAFFAR
WWW.POLYVAGALTEEN.COM

RECOGNISE

Step 1

Begin to get to know your nervous system by recognising your

- states
- stories
- sensations linked to your behaviours.

Use the States Trackers, the story board & the my sensations worksheets to help track & start to explore & identify repeating patterns or behaviours.

UNDERSTAND

Step 2

Understand & unravel how our behaviours & patterns impact us by using curiosity to explore 3 key question:

- What gets me here?
- What keeps me here?
- What takes me out of here?
-

You can use the worksheets, the Polyvagal Teen® Track and cards to help you do this. Be curious - are there any other questions you need to explore?

DIFFUSE

Step 3

Once you have brought into your awareness how your nervous system reacts to stimuli/ encounters/ stresses/ activators you can begin to work on developing strategies for diffusing those uncomfortable feelings. Whilst also develop strategies for prevention & grounding.

WHY TRACK OUR STATES?

HELPS UNDERSTAND BIOLOGY

INCREASED AWARENESS

REFRAMING

CHANGE IN EXPECTATIONS

BETTER COMMUNICATION

IMPROVED RELATIONSHIPS

What's My State

What brings me here? What keeps me here?
What gets me out of here?

Safe & Social

Mobilised
(high energy)

Immobilised
(low energy)



The Polyvagal Teen® Track

The Polyvagal teen track is a metaphor used to help identify the different states from a polyvagal informed perspective. It is an alternative metaphor to The Hierarchy Ladder as created by Deb Dana. Its aim is to normalise that throughout the day we move through the different states not just through to a completely different state but also through different depths of the states. A constant flow.

We humans are constantly stimulated by internal and external factors that as we respond to them cause us to dip in and out of the different states along the Polyvagal Teen® track (other words which can be used for stimuli are activated, triggered, stressed) Sometimes we can jog comfortably weaving in and out of the different states. Sometimes we might crawl or walk through one state to another.

There's times the brakes are off and we can sprint through different states as quick as a flash or other times we can get stuck in one state and stay there longer than is needed or helpful. These different states impact our thoughts emotions and behaviours in different ways - to understand yourself better and to help build stronger relationships it is helpful to explore how your state can impact your different experiences and behaviours.

An example I often use to help explain is the "frenemy" - Friendships can easily turn into frenemies, leaving you shifting between different states of connection. In a safe and social state, you may feel comfortable trusting the person and feel relaxed around them. This may show in your behaviour, your thoughts or be as subtle as showing in your tone of voice or body language.

However, this can quickly shift when something subtle changes in their behavior or tone. This can activate an immediate feeling of threat that can lead to a mobilisation state where your emotions become more intense and your behavior shifts in response. You may snap at the person or become frustrated, or you may have critical thoughts emerging and and pull back as it doesn't feel "safe". I call this the "back and forth dance of safety and rejection"

It doesn't mean that the relationship is over as it can quickly shift back into a safe and social space with the next positive encounter.

"moving through the different states"

What's My State Polyvagal Teen® Track

At the top of the track feeling safe to connect, productive, healthy boundaries and regulated.

safe and social

At the middle of the track feeling anxious and mobilised due to detection of threat. Fight or Flight

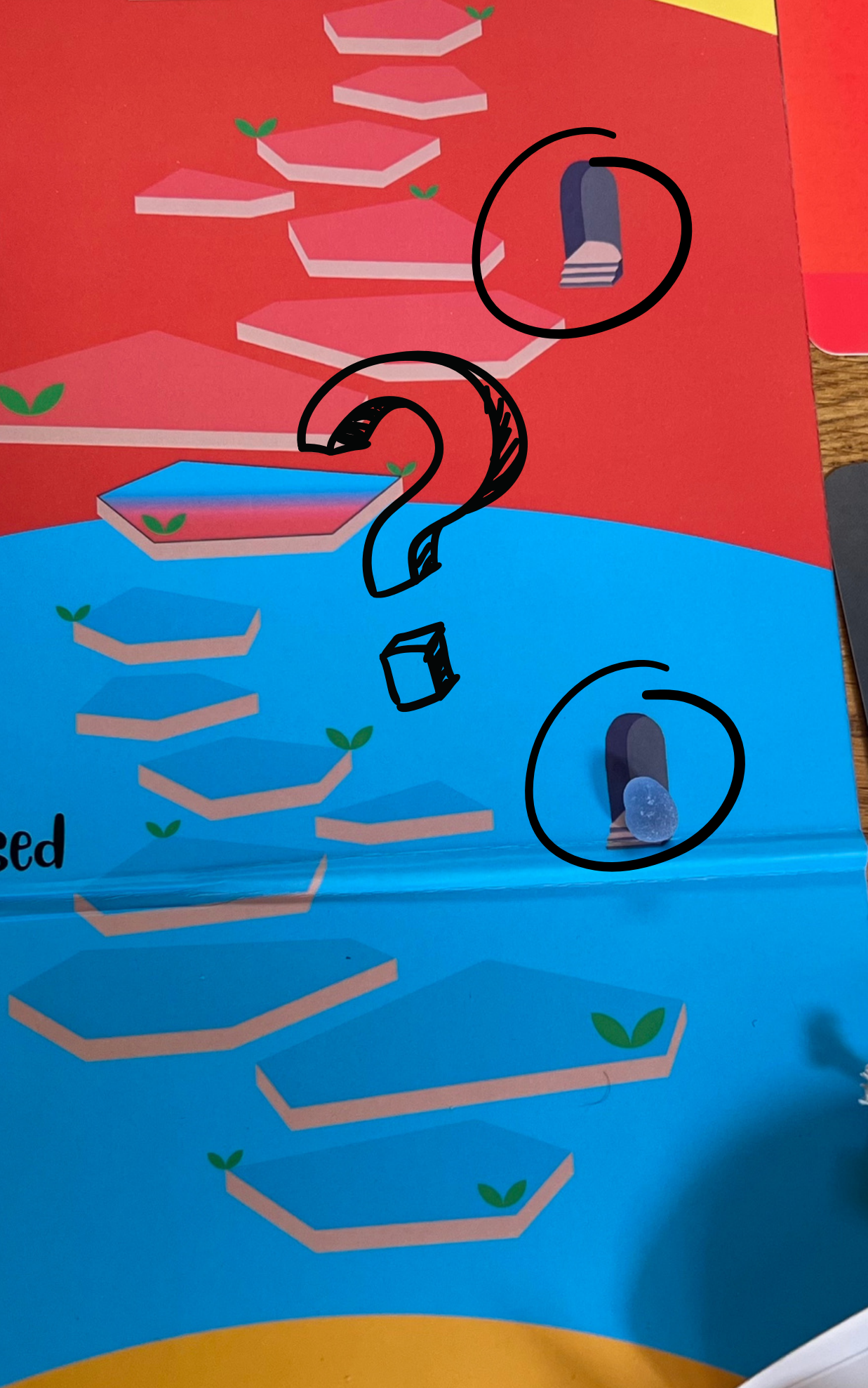
mobilised

At the bottom of the track feeling disconnected, shutdown, freeze, faint, isolated, powerless

immobilised



The ledge, doorway - tunnel, somewhere to take a breather, we may need to stay in that state for a while. But we may also get stuck there in that defensive state = trauma.



high al



sed

as are constantly stimulated by internal & external factors
is to dip in and out of the different states along the Polyvaga
Teen™ Track.

ing in and out of the

What's My State Polyvagal Teen® Track

safe and social

mobilised

immobilised

What's My State Polyvagal Teen® Track

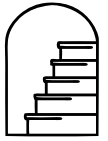
safe and social

mobilised

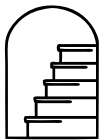
immobilised

What's My State Polyvagal Teen® Track

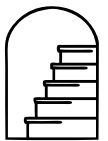
safe and social



mobilised



immobilised



What's My State Polyvagal Teen® Track

safe and social



mobilised



immobilised



Some Questions to help explore this metaphor further could include:

- **What gets me here?**
- **What keeps me here?**
- **What takes me out of here?**
- **How do I know when I am ready to move out of this state?**
- **How long do I stay here?**
- **What does my body tell me when I am here?**
- **Have I been stuck here?**
- **Do I know when it's helpful for me to stay here?**
- **How is it unhelpful for me to keep stuck in this state?**
- **Even if I need to stay in this state - is my behaviour helpful?**
- **Could I find a more helpful behaviour & still stay in this state?**
- **Am I aware of the signs before I reach this state?**
 - **could i increase awareness around this?**
 - **would it be helpful if? how?**
- **Am I aware of the signs before I leave this state?**
- **What stories do I tell myself when in this state?**
- **Can I list the sensations in my body when I am in this state?**
- **How can I shift state?**
- **Does my story and sensations change when I change state?**

This worksheet is designed to help you better understand the differences between safe & social, mobilise and immobilise states. Each section provides questions and reflections to guide your understanding.

Safe & Social State Questions:

- What does feeling safe feel like for me?
- How do I recognize when I am in a state of safety?
- What behaviors do I exhibit when feeling safe?

Reflections:

- When feeling safe, I can...
- In this state, my emotions are...
- When feeling secure, my behavior changes because...

Mobilise State Questions:

- What does mobilise look like for me?
- How can I tell if I'm entering a mobilised state?
- How does this state differ from others?

Reflections:

- When mobilized, my body usually feels like
- My emotions become more intense and amplified in this state
- My behavior naturally leans towards

Immobilise State Questions:

- What does social immobilize look like for me?
- How can I tell if I'm in this state?
- What behaviors do I exhibit when social immobilized?

Reflections:

- When socially immobilised, I may notice myself ...
- In this state, my emotions often feel like...
- When socially immobile, my behavior changes because of...

Some ideas for reflection

- Reflect on how your state can impact your thoughts, emotions and behaviours.
- What state do you need to be in right now? What state do you want to be in right now? Do they match? If they don't - how is it for you to have this mismatch?
- Are there any state you have been unable to move out of? Been stuck there longer than is helpful? Is this ok for you or do you want something to change?
- Consider ways to respond when you feel like you are being pulled between different states e.g. when shifting from a safe to mobilisation state or vice versa.
- Explore real relationships by thinking about friends who may be "frenemies" and how this relationship can lead to shifts in your states - consider what are the circumstances and the subtle signs that lead to this shift . Take time to reflect on it so that you can better engage with these people.
- Explore any other challenges in the same way that may come up for you.

Using The Polyvagal Teen Track® to Develop Your Somatic Experience

A person's "somatic experience" is the state or quality of being aware of one's body, its sensations and environment through the five senses. It generally refers to a person's conscious awareness and experience of their physical body, including posture, movement and internal physical processes such as digestion and respiration.

A person with internal somatic experience is often referred to as an "interoceptive" or a "body-aware" individual. An interoceptive uses their body's sensations and signals to better understand their emotions, reactions and behaviour. They have a heightened awareness of their physical environment and the effect it has on them, enabling them to interact more effectively with the external world.

Peter Levine developed Somatic Experiencing® a body-centered approach to treating PTSD (post-traumatic stress disorder) that, rather than focusing only on thoughts or emotions associated with a traumatic event, expands to include the natural bodily (somatic) responses.

The Polyvagal Teen Track® can support you to explore your somatic experience, helping you to be more mindful of your body, become aware of emotions and physical sensations, develop emotional intelligence and ultimately build better relationships with yourself, others, and the environment.

Using The Polyvagal Teen Track® to Develop Your Somatic Experience

Somatic Experience Worksheet

- **What is somatic experience?** Somatic experience is the state or quality of being aware of one's body, its sensations and environment through the eight senses. It refers to a person's conscious and unconscious awareness and experience of their physical body, including posture, movement and internal physical processes such as digestion and respiration.
- **Who is an interoceptive or body-aware individual?** An interoceptive is a person with internal somatic experience; they use their body's sensations and signals to better understand their emotions, reactions and behaviour. They have a heightened awareness of their physical environment and the effect it has on them, enabling them to interact more effectively with the external world.
- **What is Somatic Experiencing®?** Somatic Experiencing® was developed by Peter Levine, it is a body-centered approach to treating PTSD (post-traumatic stress disorder) that rather than focusing only on thoughts or emotions associated with a traumatic event, expands to include the natural bodily (somatic) responses.
- **What can The Polyvagal Teen Track® do for you?** The Polyvagal Teen Track® helps you explore your somatic experience so that you can become mindful of your body, become aware of emotions and physical sensations, develop emotional intelligence and ultimately build better relationships with yourself, others, and the environment.

**the metaphor of the "track"
to describe the hierarchy of
states in Polyvagal theory
was created by
Yasmin Shaheen-Zaffar -
creator of Polyvagal Teen®
BACP Registered counsellor
in the U.K**

**it would be amazing & polite
if you are able to credit her
in any resources or training
you provide when using this
metaphor.**

Polyvagal Teen® Tracker Worksheets.



Safe & Social

Being & Doing

peaceful, calm, safe,
creative, curious,
joyous, connected.

Polyvagal Teen® Copyright 2022



Mobilise

Being & Doing

frustrated, angry,
shouting, hitting,
breaking, throwing,
annoyed, avoidant,

tik tok @polyvagalnerd



Immobilise

Being & Doing

depressed, lethargic,
frozen, collapsed,
fainting, dissociate

Track states by beginning with gentle curiosity exploring these 3 key questions. This can help you to get to know your nervous system

- What gets me there ?
- What keeps me there?
- What takes me out of there?

Bringing into awareness helpful and unhelpful behaviours and what impact it is having on the nervous system can support in learning to link behaviours to emotions, growing regulation skills and create healthier connections.

www.polyvagalteen.com - building better bonds with your teen

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STATE TRACKER TRACKER

MONTH: _____

state	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
9.00																																
10.00																																
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20.00																																
21.00																																

NOTES: _____

This download contains the following Polyvagal Teen® Tracker Worksheets:



Safe & Social

Being & Doing

peaceful, calm, safe,
creative, curious,
joyus, connected.

Polyvagal Teen® Copyright 2022



Mobilise

Being & Doing

frustrated, angry,
shouting, hitting,
breaking, throwing,
annoyed, avoidant,

tik tok @polyvagalnerd



Immobilise

Being & Doing

depressed, lethargic,
frozen, collapsed,
fainting, dissociated

WEEKLY POLYVAGAL TEEN® STATES TRACKER SET TIMES LABELLED.

WEEKLY POLYVAGAL TEEN® STATES TRACKER LABEL YOUR OWN TIMES.

DAILY POLYVAGAL TEEN® STATES TRACKER 24 HOUR CLOCK.

DAILY POLYVAGAL TEEN® STATES TRACKER 12 HOUR CLOCK.

DRILL DOWN POLYVAGAL TEEN® STATES ISSUE/ EVENTS HOUR TRACKER - 15 MINUTE INTERVALS.

DRILL DOWN POLYVAGAL TEEN® STATES ISSUE/ EVENTS HOUR TRACKER - CUSTOMISE INTERVALS.

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WEEKLY - MY POLYVAGAL TEEN® STATES TRACKER

mark, write or colour which state you were/ are in, this can be done at the end of each day. If you prefer you can screenshot this and use it on your phone to track your state.

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MON TUE WED THU FRI SAT SUN



Safe & Social

Being & Doing

peaceful, calm, safe,
creative, curious,
joyus, connected.

Polyvagal Teen® Copyright 2022



Mobilise

Being & Doing

frustrated, angry,
shouting, hitting,
breaking, throwing,
annoyed, avoidant,



Immobilise

Being & Doing

depressed, lethargic,
frozen, collapsed,
fainting, dissociated

before school



morning



lunchtime



afternoon



after school



home



MOST MEMORABLE TIME DURING YOUR WEEK & WHY?

WEEKLY - MY POLYVAGAL TEEN® STATES TRACKER

mark, write or colour which state you were/ are in, this can be done at the end of each day. If you prefer you can screenshot this and use it on your phone to track your state.

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MON TUE WED THU FRI SAT SUN



Safe & Social

Being & Doing

peaceful, calm, safe,
creative, curious,
joyus, connected.

Polyvagal Teen® Copyright 2022



Mobilise

Being & Doing

frustrated, angry,
shouting, hitting,
breaking, throwing,
annoyed, avoidant,



Immobilise

Being & Doing

depressed, lethargic,
frozen, collapsed,
fainting, dissociated,
isloated

	MON	TUE	WED	THU	FRI	SAT	SUN
•							
•							
•							
•							
•							
•							

YOUR MOST MEMORABLE TIME DURING YOUR WEEK & WHY?

DAILY - MY POLYVAGAL TEEN® STATES TRACKER

mark, write or colour which state you were/ are in, this can be done at the end of the day. If you prefer you can screenshot this worksheet and use it on your phone to track your state.

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NAME & DATE



Safe & Social

Being & Doing
peaceful, calm, safe,
creative, curious,
joyus, connected.

Polyvagal Teen® Copyright 2022



Mobilise

Being & Doing
frustrated, angry,
shouting, hitting,
breaking, throwing,
annoyed, avoidant,



Immobilise

Being & Doing
depressed, lethargic,
frozen, collapsed,
fainting, dissociated

6.00



7.00



8.00



9.00



10.00



11.00



12.00



13.00



14.00



15.00



16.00



17.00



18.00



19.00



20.00



21.00



22.00



23.00



24.00



1.00



2.00



3.00



4.00



5.00



YOUR MOST MEMORABLE TIME TODAY & WHY?

DAILY - MY POLYVAGAL TEEN® STATES TRACKER

mark, write or colour which state you were/ are in, this can be done at the end of the day. Add the time if it helps you. If you prefer you can screenshot this worksheet and use it on your phone to track your state.

NAME & DATE

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Safe & Social

Being & Doing

peaceful, calm, safe, creative, curious, joyus, connected.

Polyvagal Teen® Copyright 2022



Mobilise

Being & Doing

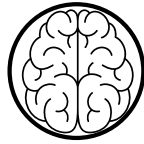
frustrated, angry, shouting, hitting, breaking, throwing, annoyed, avoidant,



Immobilise

Being & Doing

depressed, lethargic, frozen, collapsed, fainting, dissociated



YOUR MOST MEMORABLE TIME & WHY?

DRILL DOWN - MY POLYVAGAL TEEN® STATES TRACKER

Think of a memorable event or issue that has happened in the last 7 day - mark, write colour or doodle which state you were/ are in for each 15 minutes of that event/ issue happening. Also jot down anything you think is important to you. If the event happened over a few hours you may need another sheet. If you prefer you can screenshot this worksheet and use it on your phone to track your state.

EVENT/ ISSUE

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Safe & Social

Being & Doing

peaceful, calm, safe,
creative, curious,
joyus, connected.

Polyvagal Teen® Copyright 2022



Mobilise

Being & Doing

frustrated, angry,
shouting, hitting,
breaking, throwing,
annoyed, avoidant,

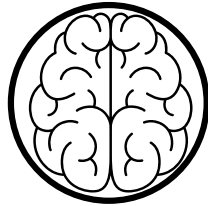


Immobilise

Being & Doing

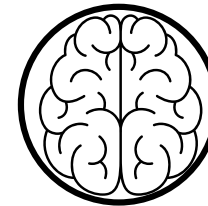
depressed, lethargic,
frozen, collapsed,
fainting, dissociated

---.00



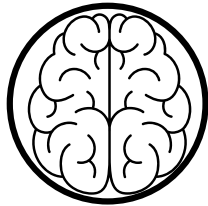
what do i remember?

---.15



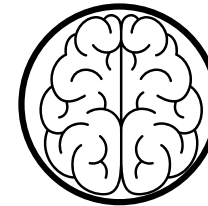
what do i remember?

---.30



what do i remember?

---.45



what do i remember?

DRILL DOWN - MY POLYVAGAL TEEN® STATES TRACKER

Think of a memorable event or issue that has happened in the last 7 day - mark, write colour or doodle which state you were/ are in for each 15 minutes of that event/ issue happening. Also jot down anything you think is important to you. If the event happened over a few hours you may need another sheet. If you prefer you can screenshot this worksheet and use it on your phone to track your state.

EVENT/ ISSUE


Polyvagal Teen® Copyright 2022



Safe & Social

Being & Doing
peaceful, calm, safe,
creative, curious,
joyus, connected.

Polyvagal Teen® Copyright 2022



Mobilise

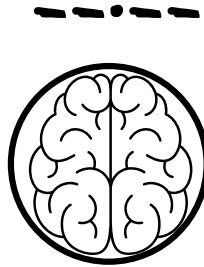
Being & Doing
frustrated, angry,
shouting, hitting,
breaking, throwing,
annoyed, avoidant,

tik tok @polyvagalteen

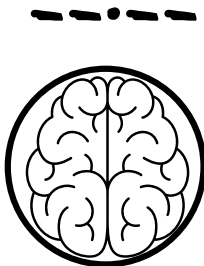


Immobilise

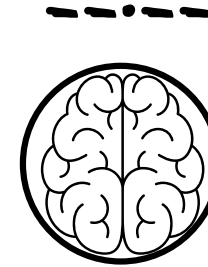
Being & Doing
depressed, lethargic,
frozen, collapsed,
fainting, dissociated



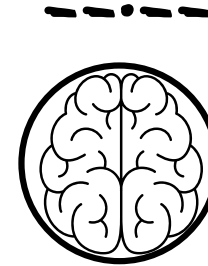
what do i remember?



what do i remember?



what do i remember?



what do i remember?

Polyvagal Teen® Tracker Worksheets.



Safe & Social

Being & Doing

peaceful, calm, safe,
creative, curious,
joyous, connected.



Mobilise

Being & Doing

frustrated, angry,
shouting, hitting,
breaking, throwing,
annoyed, avoidant,



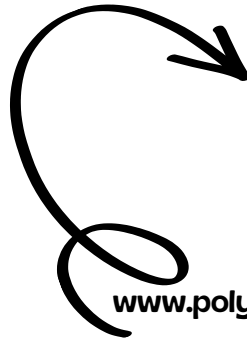
Immobilise

Being & Doing

depressed, lethargic,
frozen, collapsed,
fainting, dissociate

tik tok @polyvagalteen

We have a number of resources & tools to support regulation.
Take a look at our website for training, online programs, therapy cards, board game, states tracker journal, posters and merch.



Follow us

www.polyvagalteen.com - building better bonds with your teen

HYPERAROUSAL - MOBILISE - HIGH ENERGY

can't calm down

CAPACITY OF TOLERANCE - GETS SMALLER UNDER PROLONGED STRESS OR TRAUMA

shutting down

HYPOAROUSAL - IMMOBILISE - LOW ENERGY

SAFE & SOCIAL

SUN	MON	TUE	WED	THU	FRI	SAT
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MY STATES TRACKER

Mark any memorable states that you were in for each day. you can use a different or symbol for the different states. It's ok if you Take some time to think about them. we aren't always aware. use the Polyvagal Teen® card deck to help you explore.

MOBILISE

SUN	MON	TUE	WED	THU	FRI	SAT
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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IMMOBILISE

SUN	MON	TUE	WED	THU	FRI	SAT
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



WEEK STARTING DATE:

WEEK

CATCHING GLIMMERS TRACKER



DATE _____

Practicing catching glimmers can help you become more resilient, so you can bounce back easier when things aren't so great. if you forget you could set an alarm on your phone as a reminder. sometimes we really don't want to catch glimmers - but it can really help your emotional wellbeing. The more you practice the easier it gets! You could also try doing it as a family.

The more glimmers you catch can help you to regulate & improve your mood. there is no right or wrong amount to catch glimmers - whatever is comfortable for you. just mark down whenever you catch a glimmer.

MY GLIMMERS

SUN	MON	TUE	WED	THU	FRI	SAT
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MY BEST GLIMMER OF THE WEEK WAS:

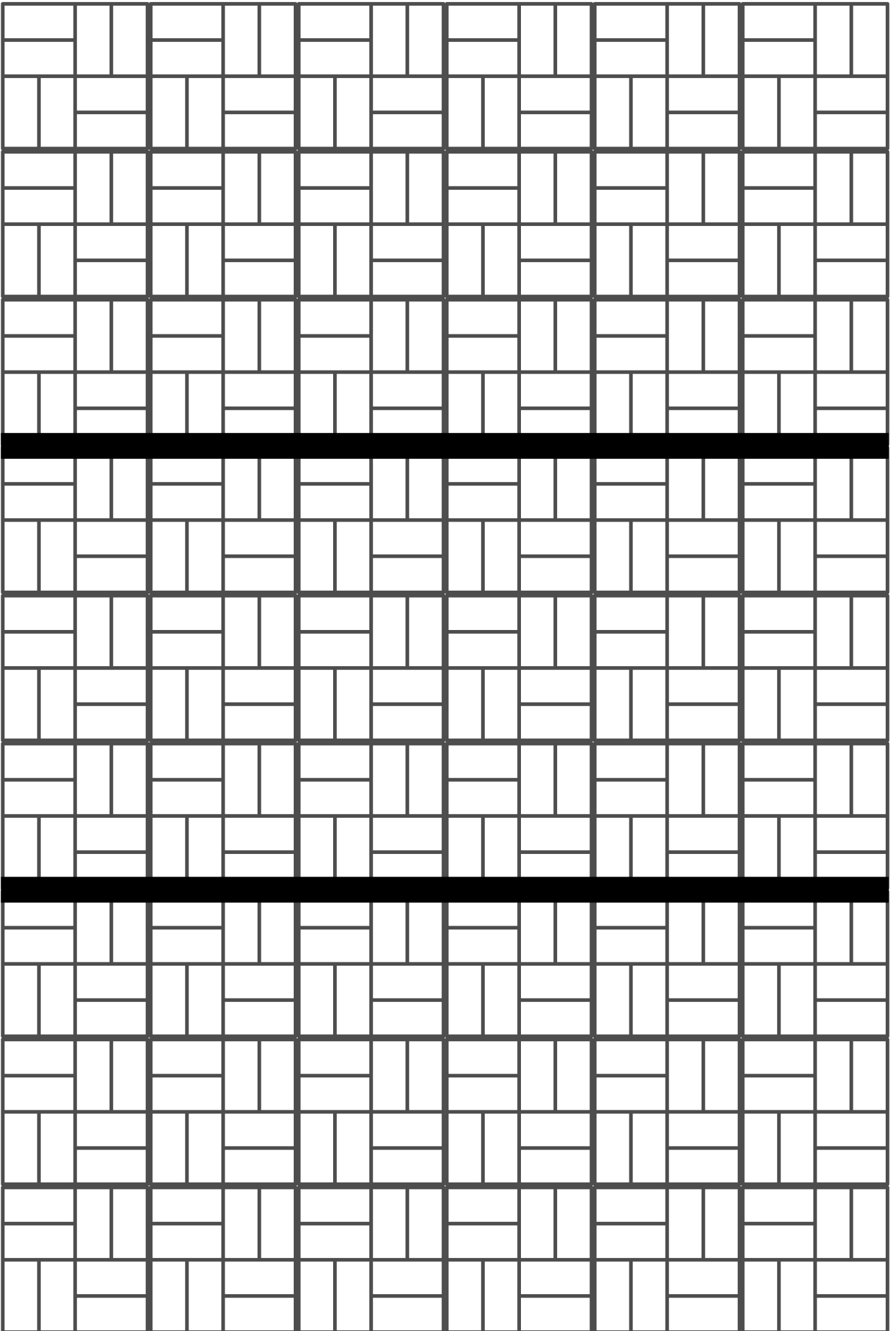


my states tracker maze

safe & social

mobilise

immobilise



Catching Glimmers scavenger hunt

Build Better Bonds With Your Tween & Teen

Challenge

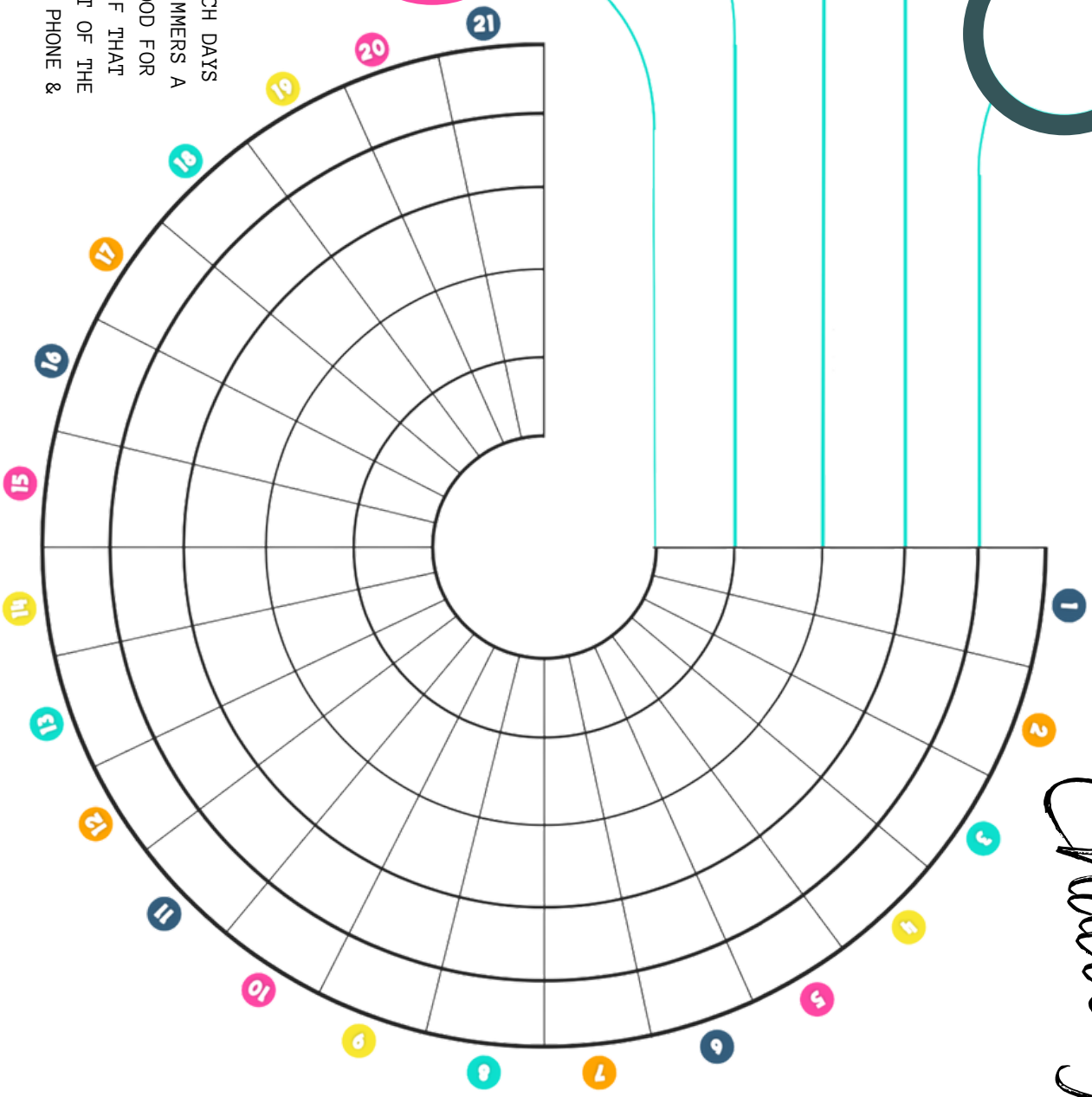
morning

lunchtime

afternoon

evening

bedtime



PRINT OR SCREENSHOT ME – TRACK EACH DAYS GLIMMERS. THERE'S SPACE FOR 5 GLIMMERS A DAY. YOU CAN TRACK HOW MANY IS GOOD FOR YOU. IT DOESN'T HAVE TO BE FIVE IF THAT FEELS TOO MUCH FOR YOU AT THE START OF THE CHALLENGE. YOU CAN KEEP IT ON YOUR PHONE & MARK OFF

Catching Glimmers Tracker

Build Better Bonds With Your Tween & Teen

Challenge



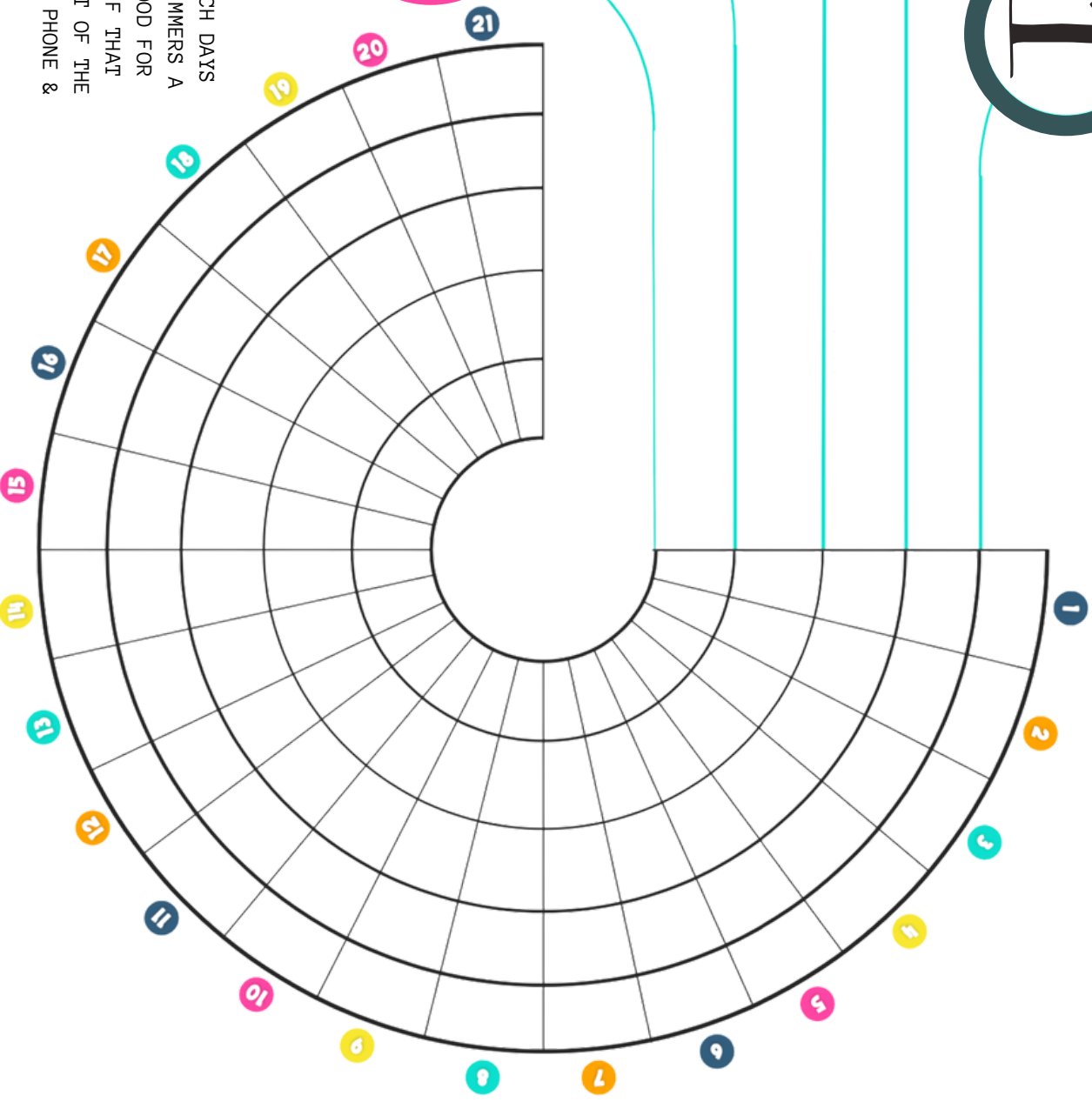
1

2

3

4

5

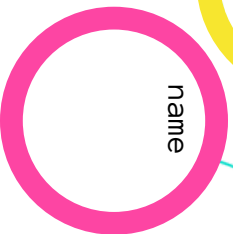
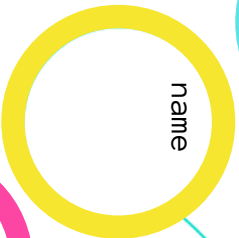
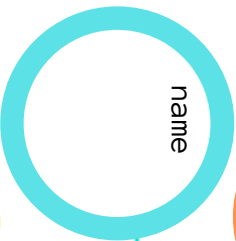
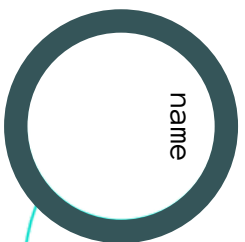
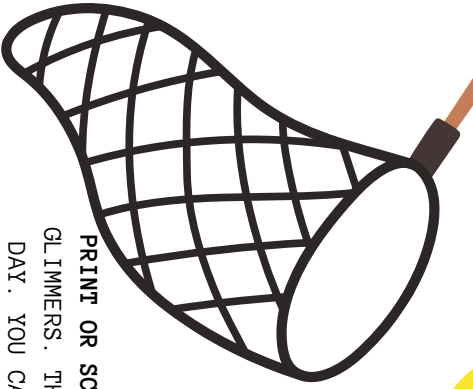
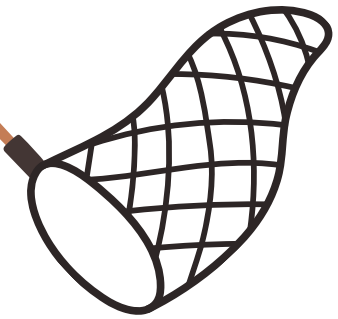


PRINT OR SCREENSHOT ME – TRACK EACH DAYS GLIMMERS. THERE'S SPACE FOR 5 GLIMMERS A DAY. YOU CAN TRACK HOW MANY IS GOOD FOR YOU. IT DOESN'T HAVE TO BE FIVE IF THAT FEELS TOO MUCH FOR YOU AT THE START OF THE CHALLENGE. YOU CAN KEEP IT ON YOUR PHONE & MARK OFF

Catching Glimmers scavenger hunt

Build Better Bonds With Your Tween & Teen

Challenge

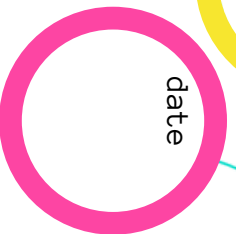
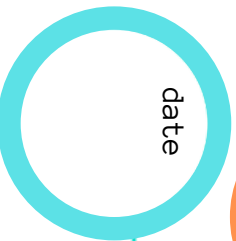
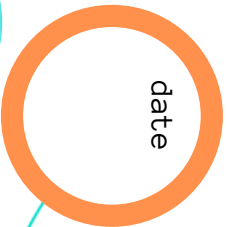


PRINT OR SCREENSHOT ME - TRACK EACH DAYS GLIMMERS. THERE'S SPACE FOR 5 GLIMMERS A DAY. YOU CAN TRACK HOW MANY IS GOOD FOR YOU. IT DOESN'T HAVE TO BE FIVE IF THAT FEELS TOO MUCH FOR YOU AT THE START OF THE CHALLENGE. YOU CAN KEEP IT ON YOUR PHONE & MARK OFF

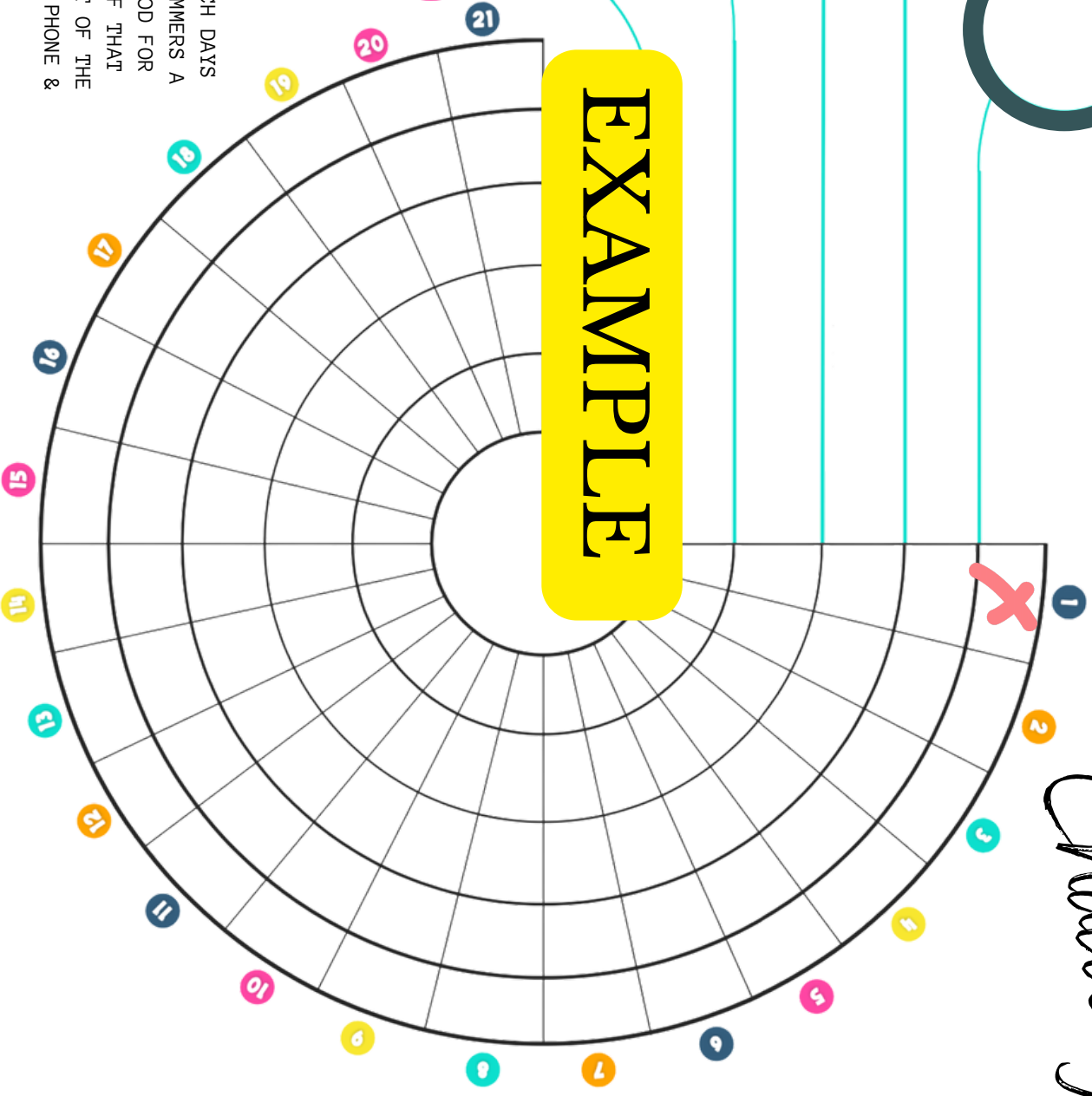
Catching Glimmers scavenger hunt

Build Better Bonds With Your Tween or Teen

Challenge



EXAMPLE

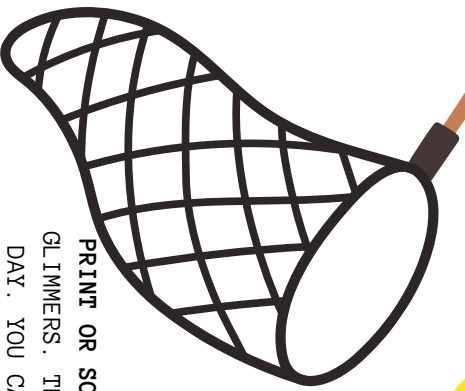
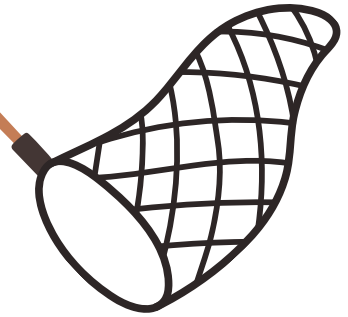


PRINT OR SCREENSHOT ME – TRACK EACH DAYS GLIMMERS. THERE'S SPACE FOR 5 GLIMMERS A DAY. YOU CAN TRACK HOW MANY IS GOOD FOR YOU. IT DOESN'T HAVE TO BE FIVE IF THAT FEELS TOO MUCH FOR YOU AT THE START OF THE CHALLENGE. YOU CAN KEEP IT ON YOUR PHONE & MARK OFF

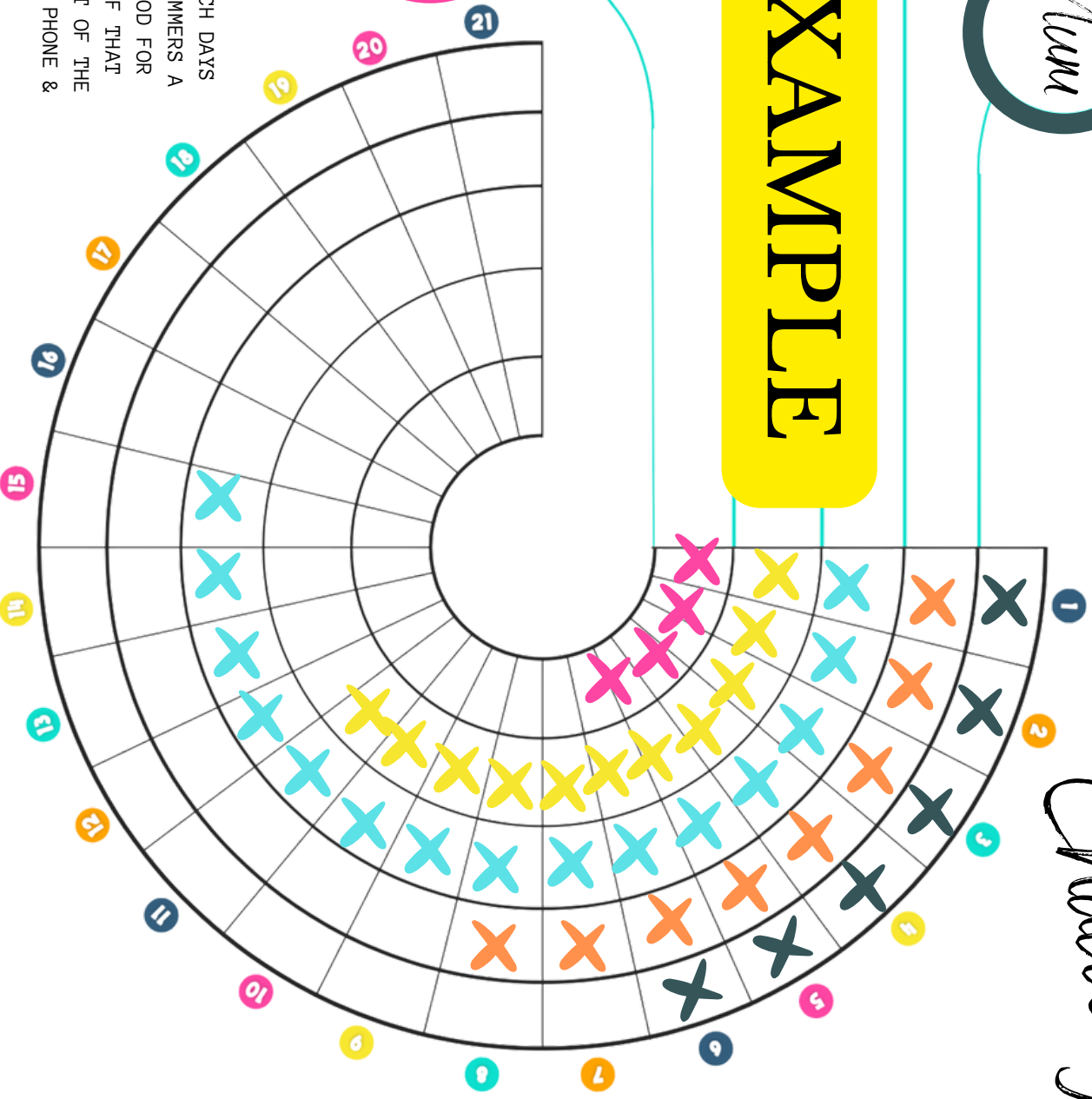
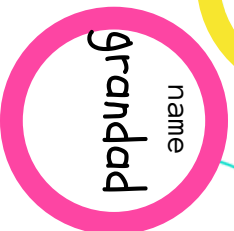
Catching Glimmers scavenger hunt

Build Better Bonds With Your Teen

Challenge



EXAMPLE



PRINT OR SCREENSHOT ME - TRACK EACH DAYS GLIMMERS. THERE'S SPACE FOR 5 GLIMMERS A DAY. YOU CAN TRACK HOW MANY IS GOOD FOR YOU. IT DOESN'T HAVE TO BE FIVE IF THAT FEELS TOO MUCH FOR YOU AT THE START OF THE CHALLENGE. YOU CAN KEEP IT ON YOUR PHONE & MARK OFF

21 DAY GLIMMERS TRACKER

name

1	2	3	4	5	6	7	8	9	10											
glimmer 1																				
glimmer 2																				
glimmer 3																				
glimmer 4																				

11	12	13	14	15	16	17	18	19	20	21										
glimmer 1																				
glimmer 2																				
glimmer 3																				
glimmer 4																				

PRINT OR SCREENSHOT ME - TRACK EACH DAY'S GLIMMERS. THERE'S SPACE FOR 5 GLIMMERS A DAY. YOU CAN TRACK HOW MANY IS GOOD FOR YOU. IT DOESN'T HAVE TO BE FIVE IF THAT FEELS TOO MUCH FOR YOU AT THE START OF THE CHALLENGE. YOU CAN KEEP IT ON YOUR PHONE & MARK OFF

glimmer 1
glimmer 2
glimmer 3

1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

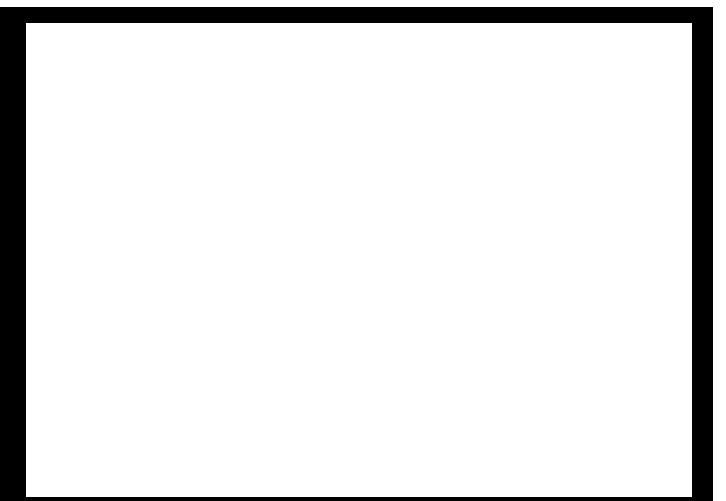
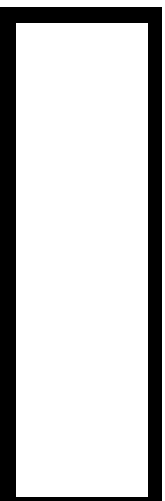
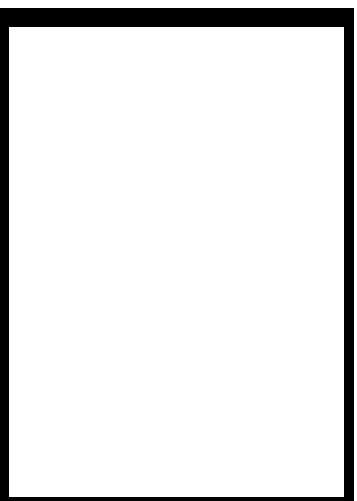
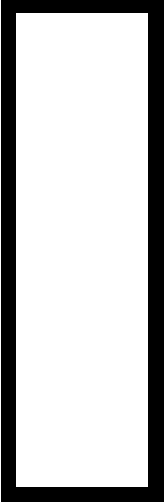
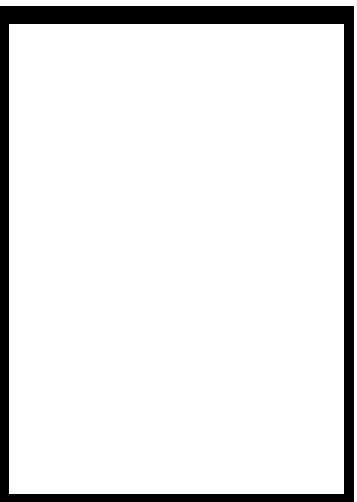
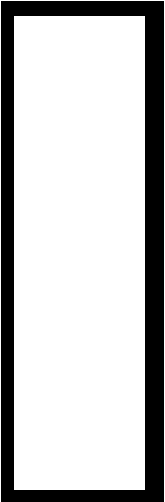
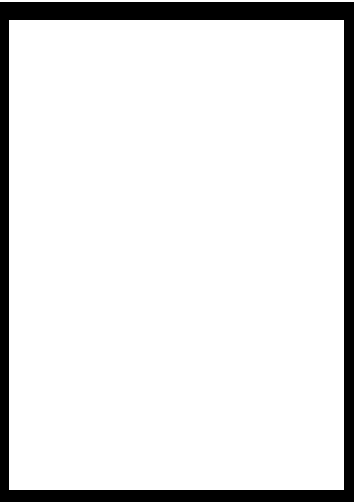
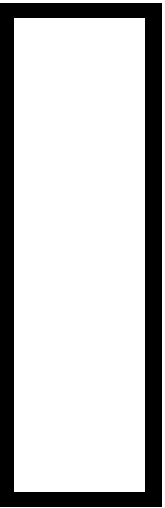
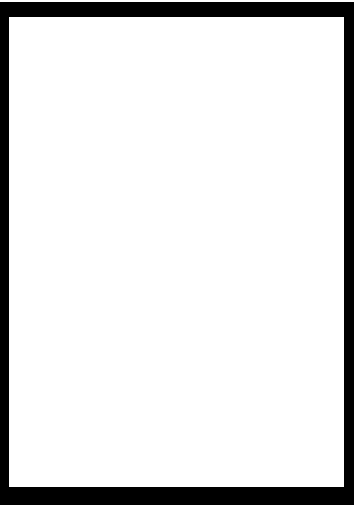
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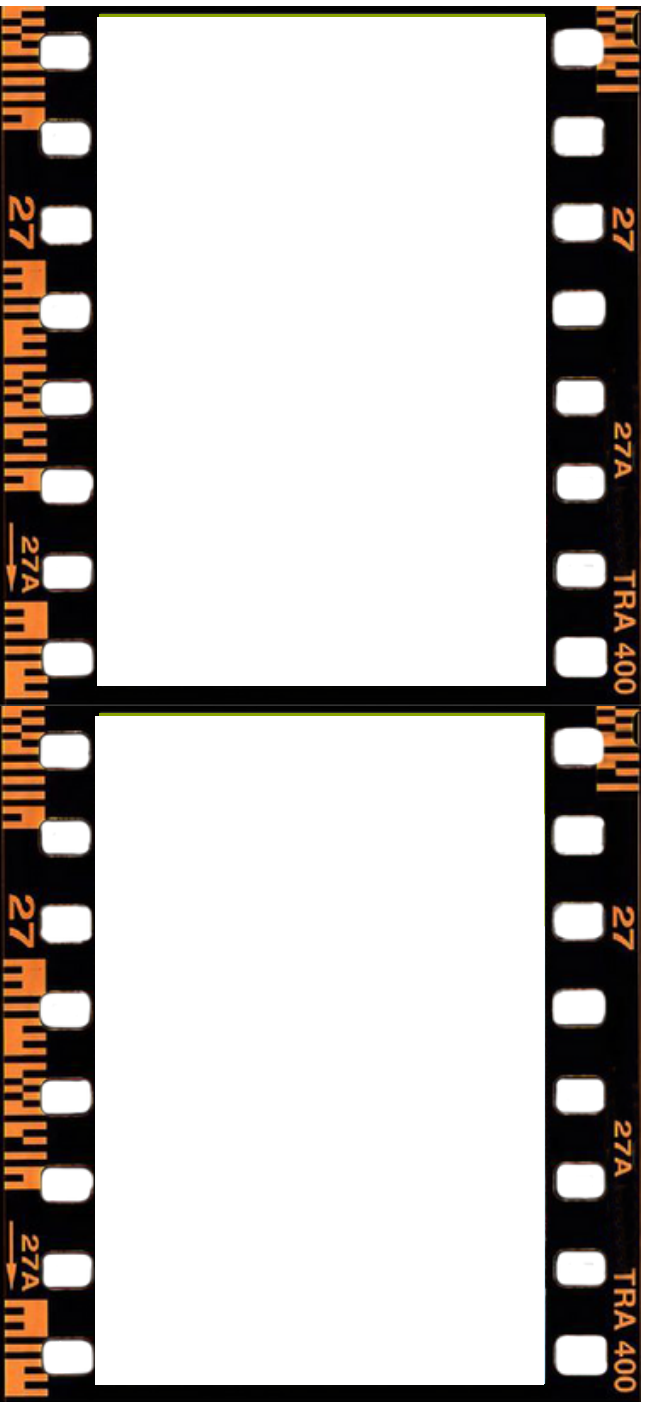
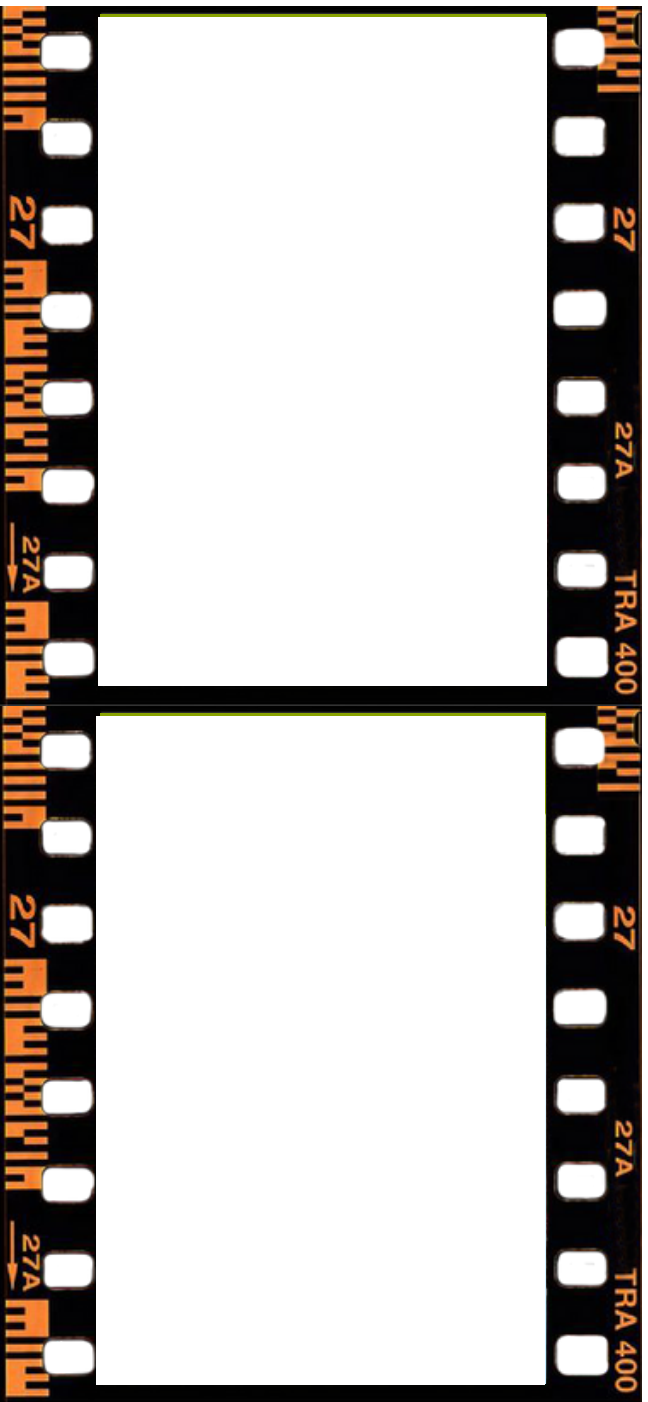
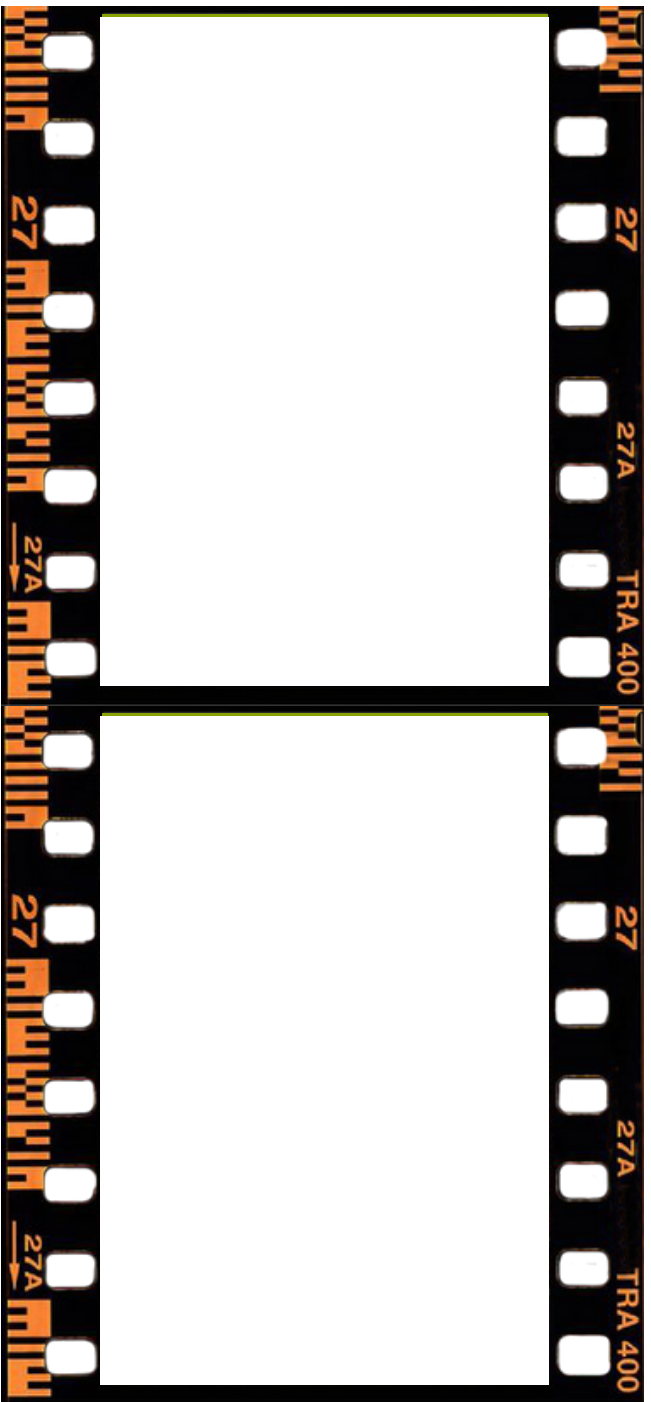
name

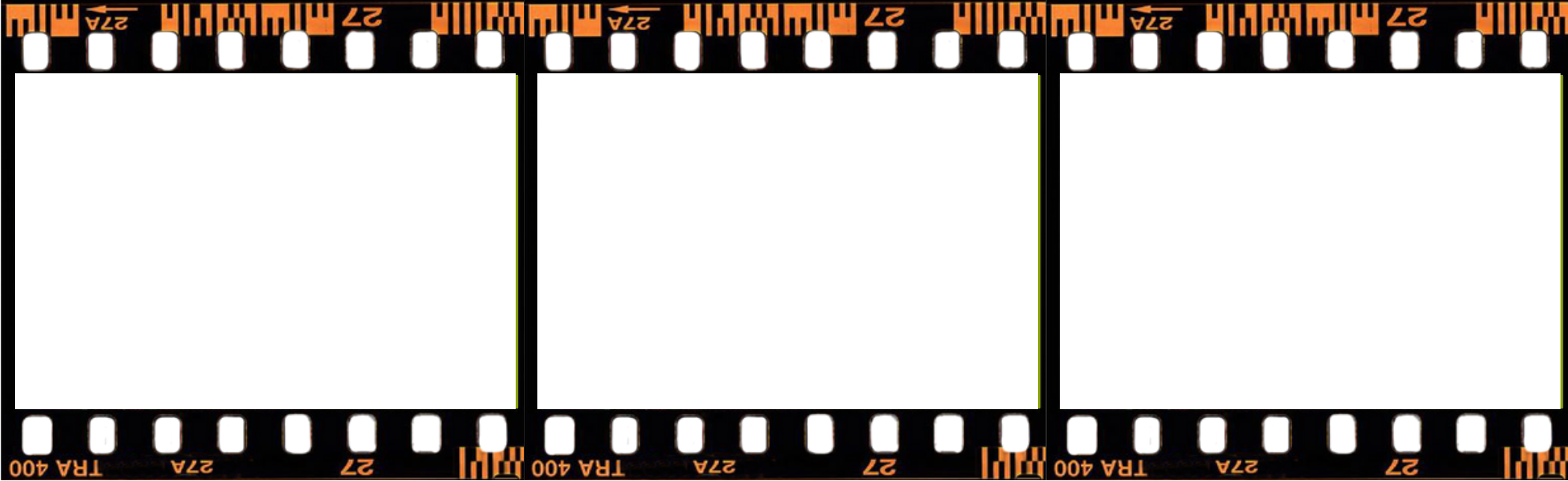
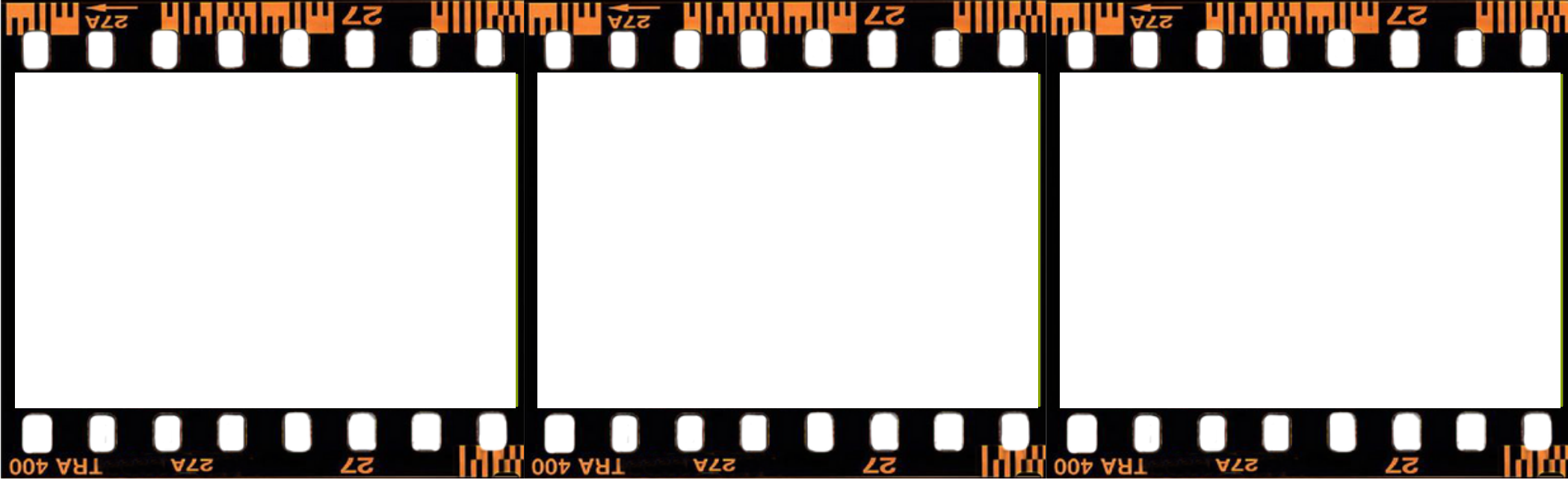
**Dr Stephen Porges Polyvagal Theory
Tells Us - "State Creates Story"**

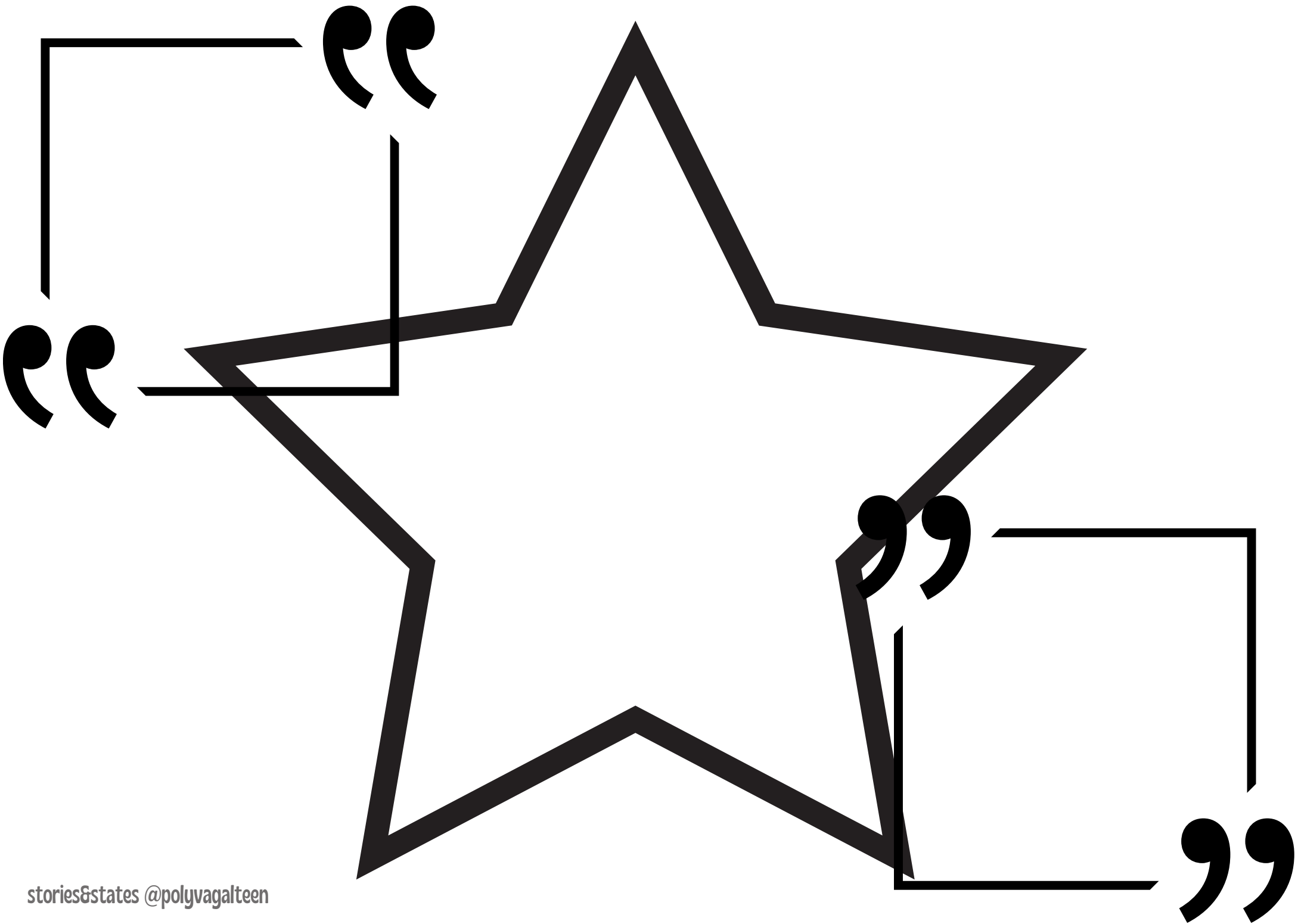
**these different worksheets can be used
alongside the Polyvagal Teen® track & cards to
map out the stories we create.**

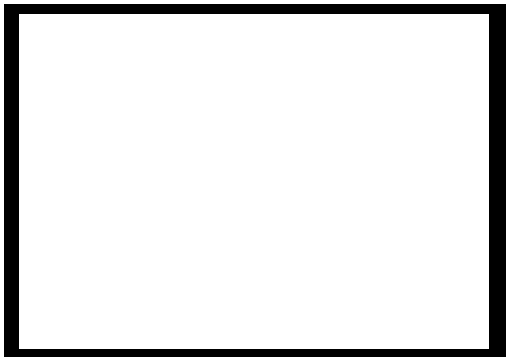
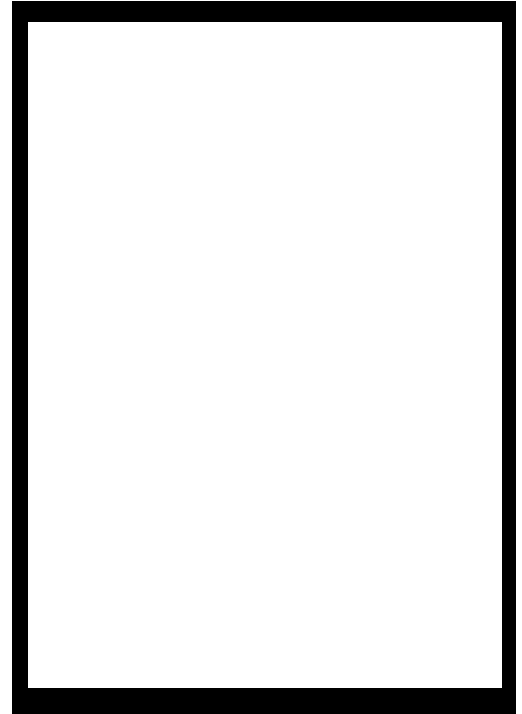
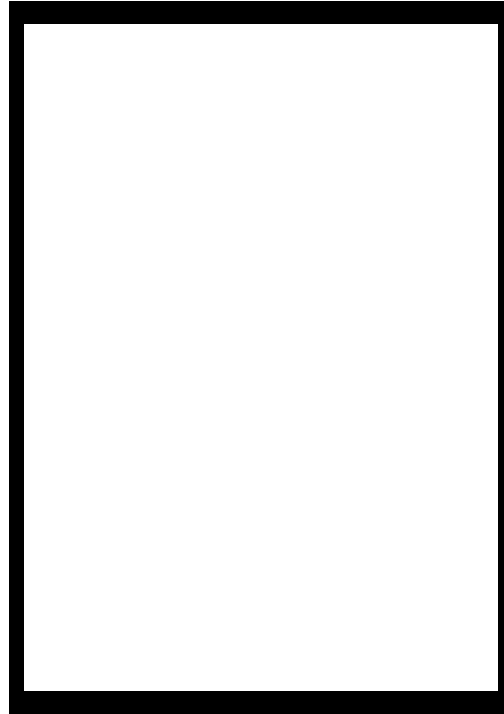
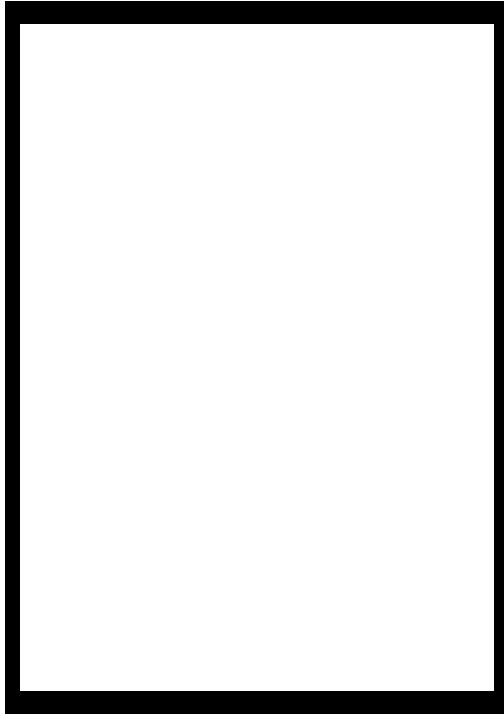
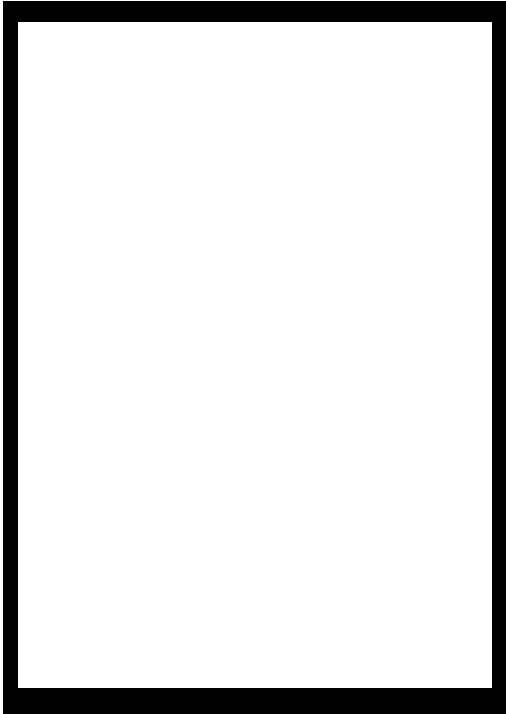
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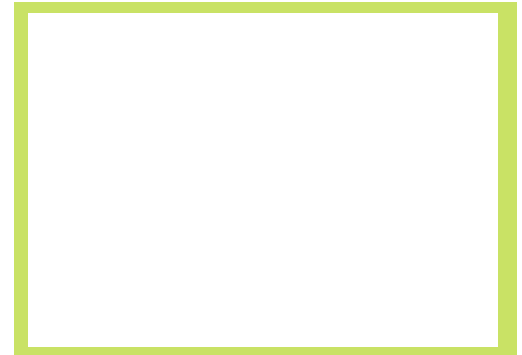
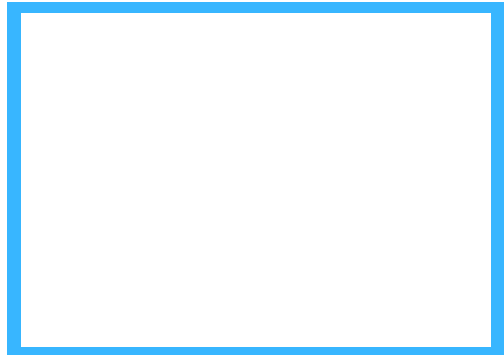
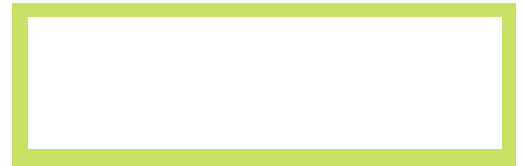
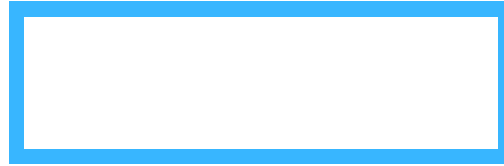
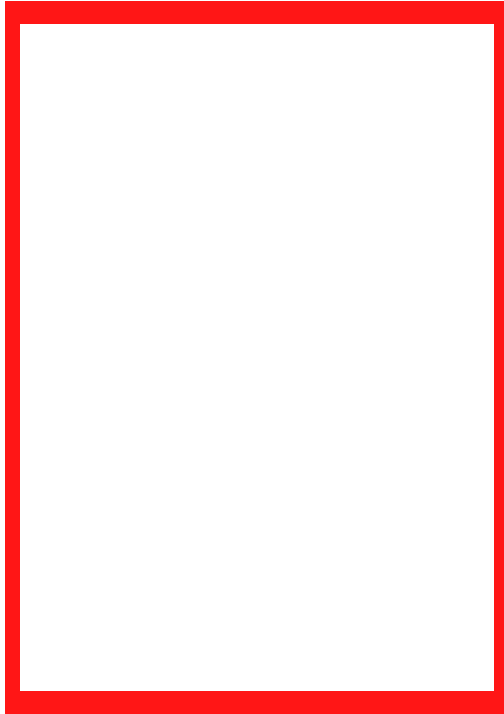
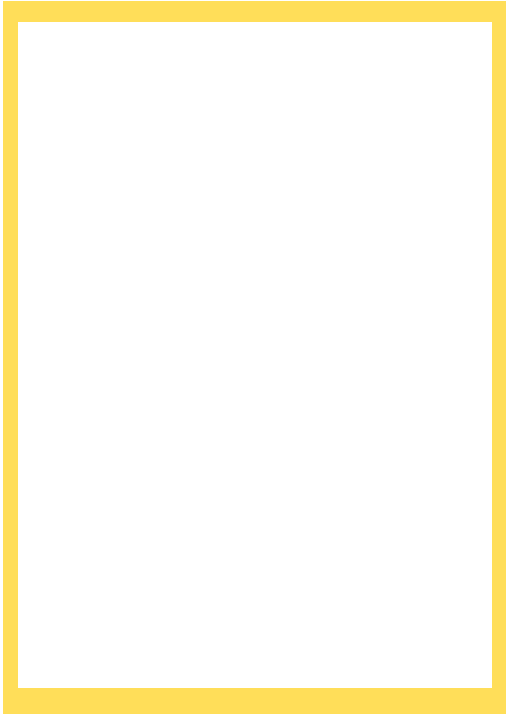




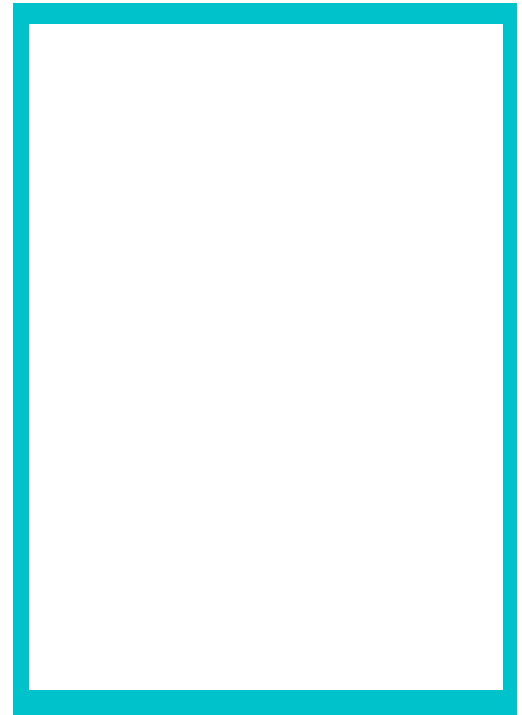
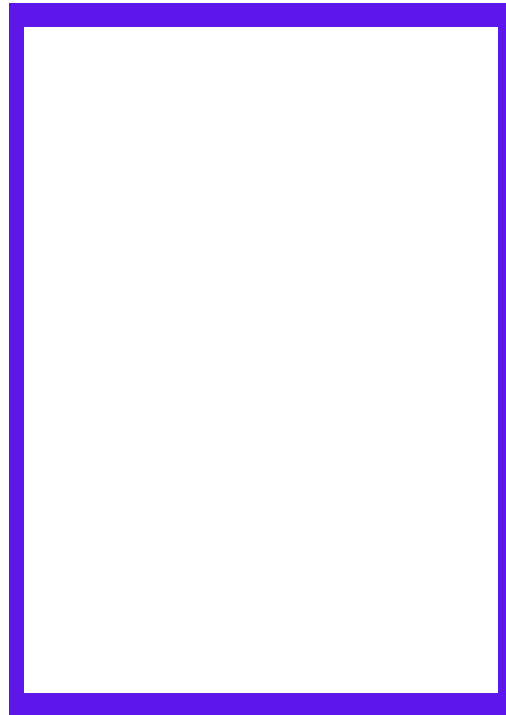
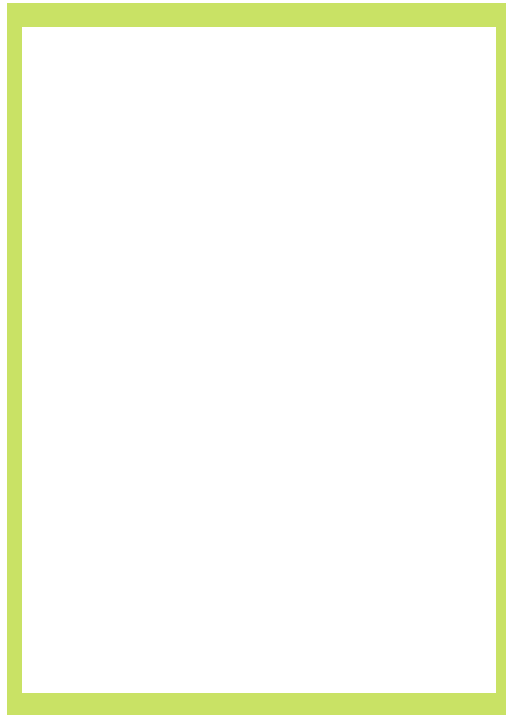
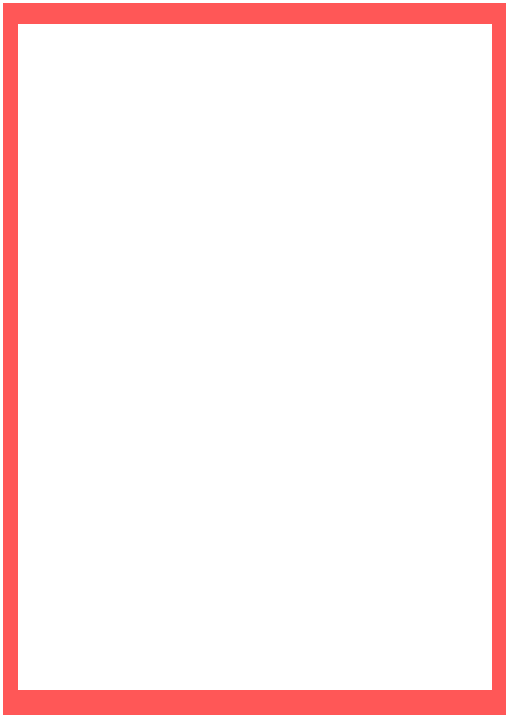
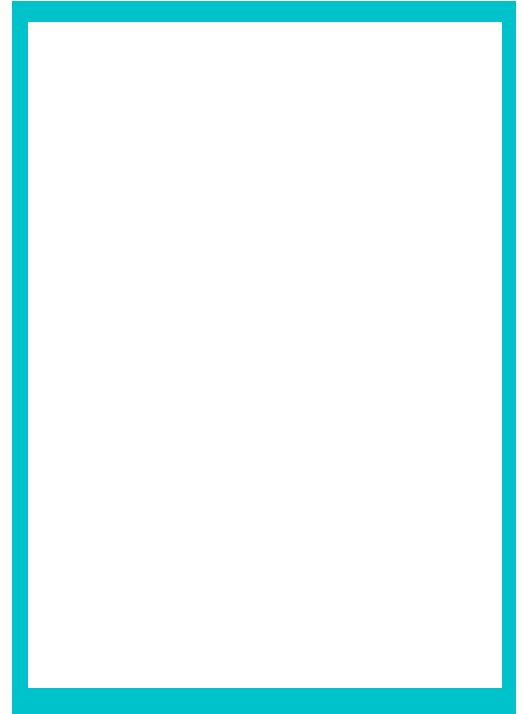
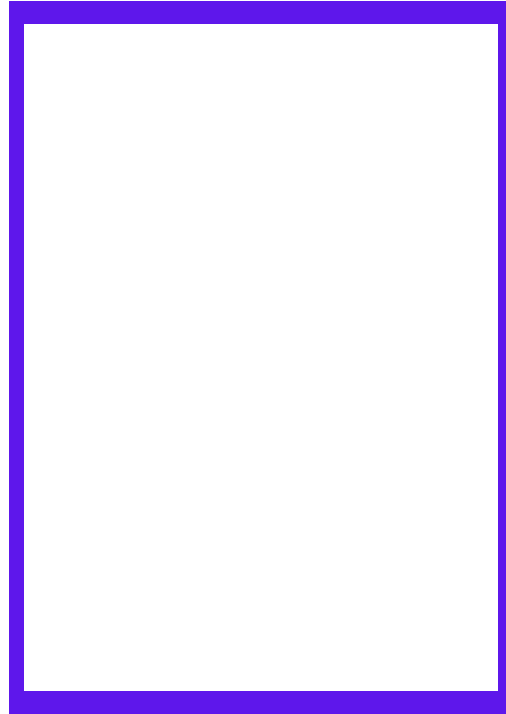
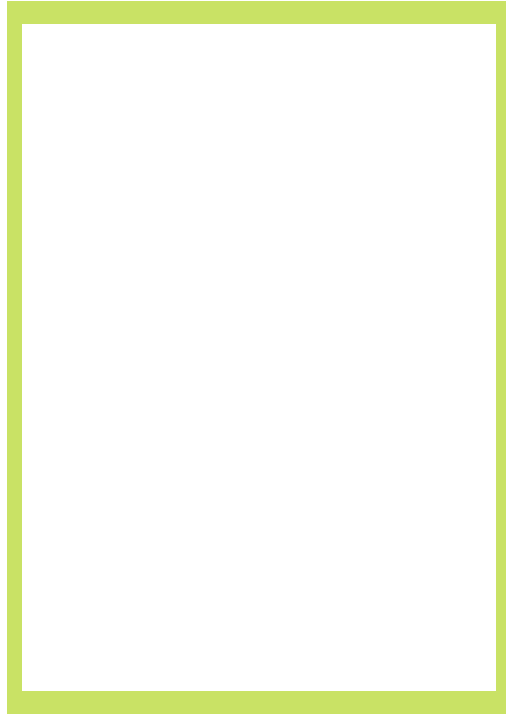
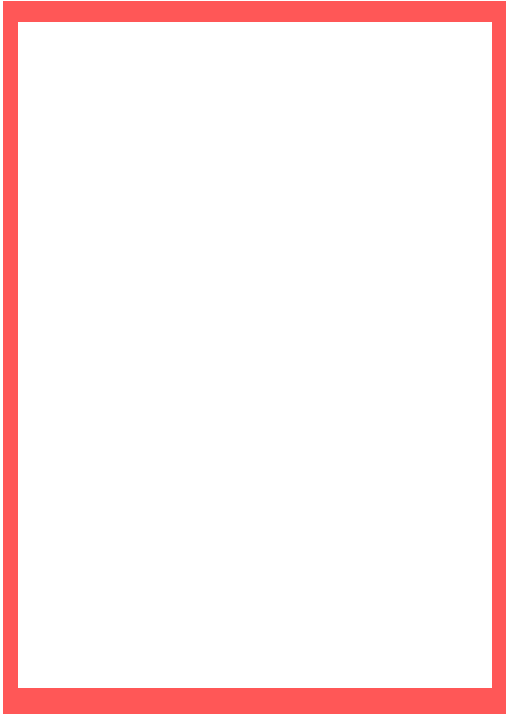


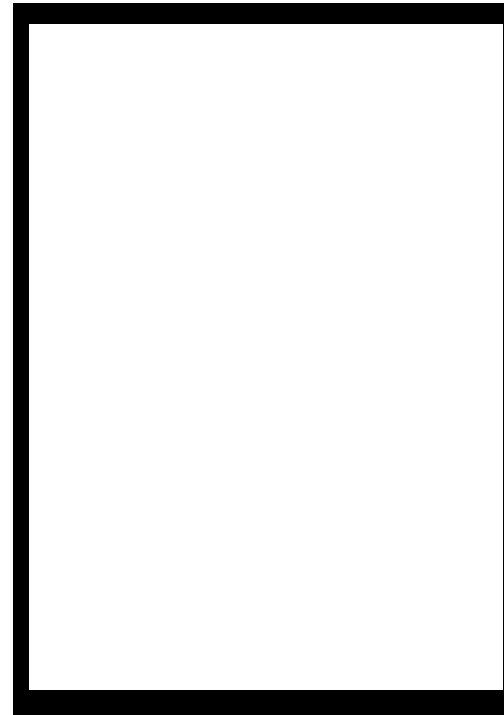
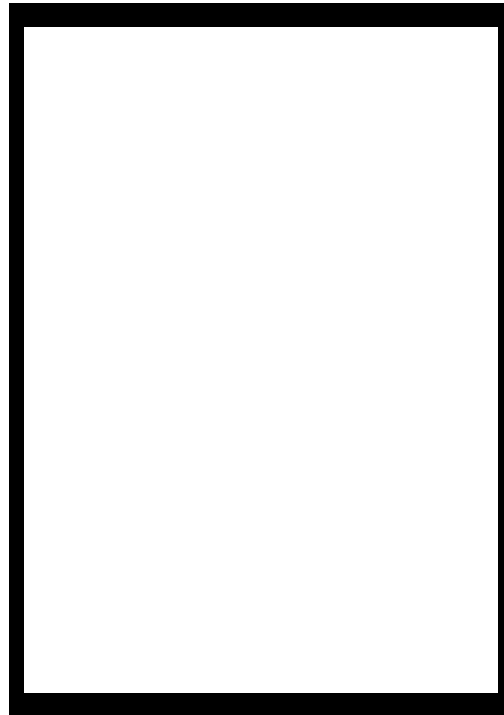
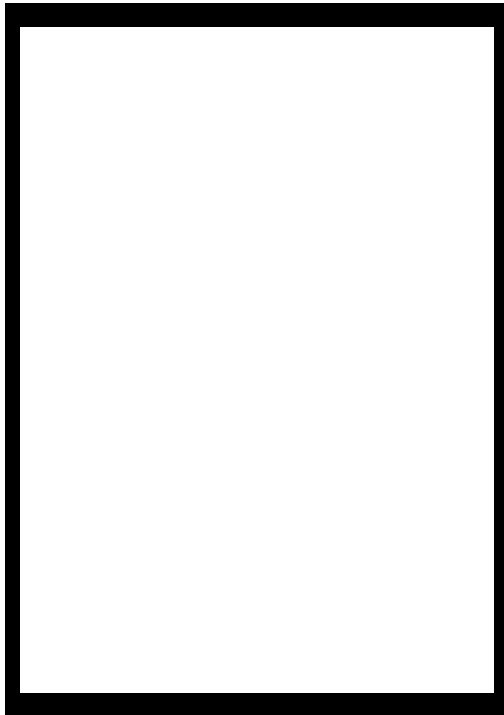
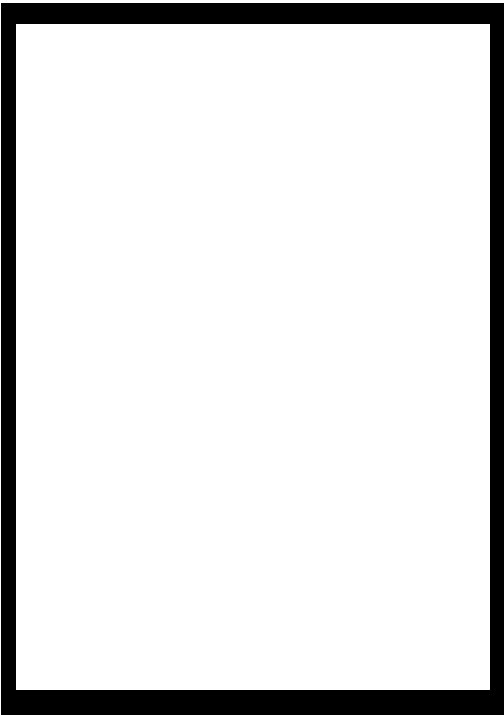
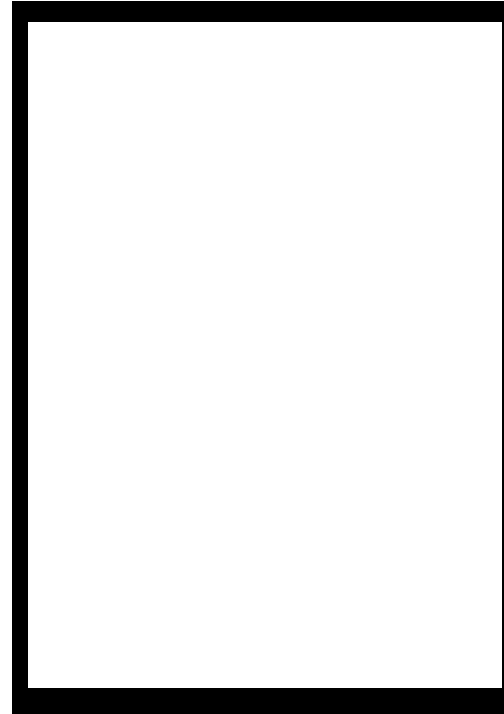
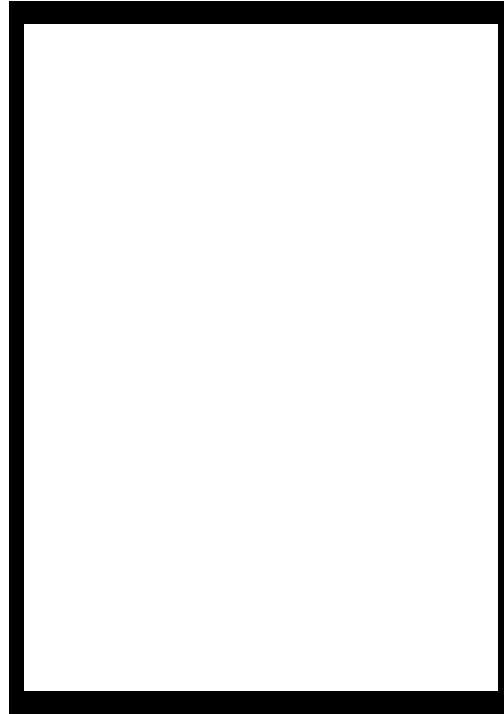
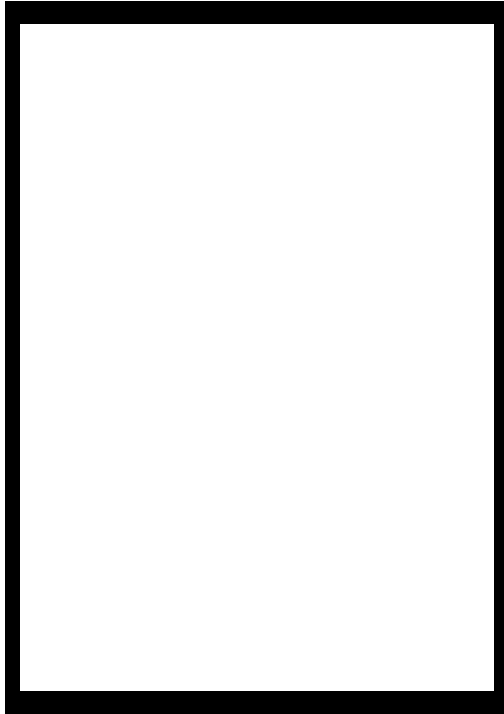
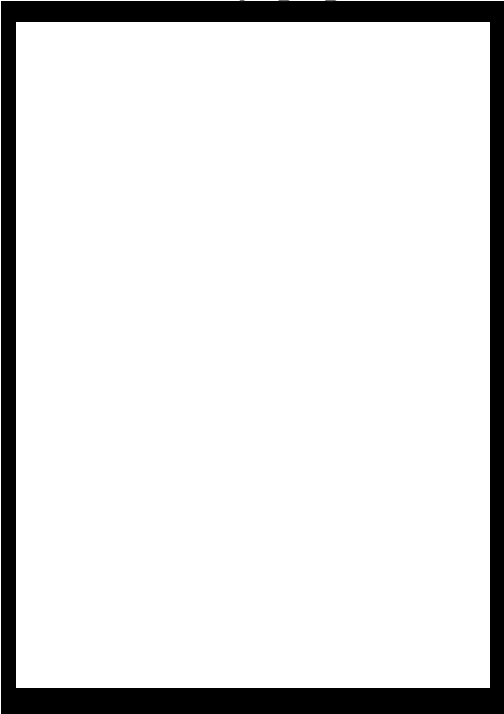


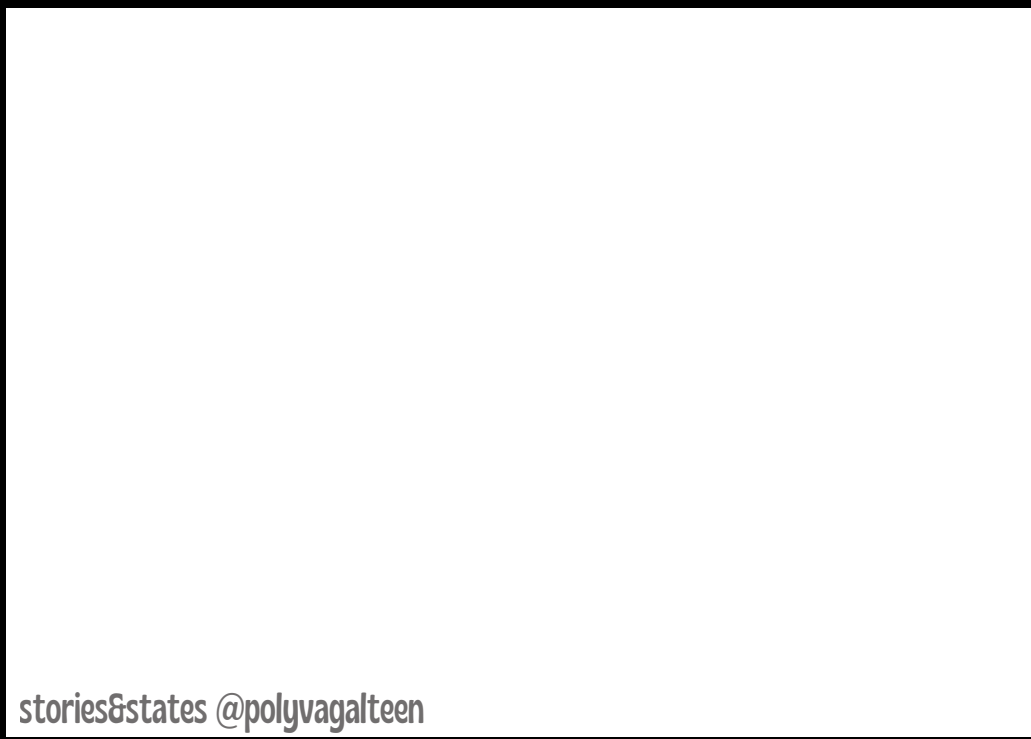
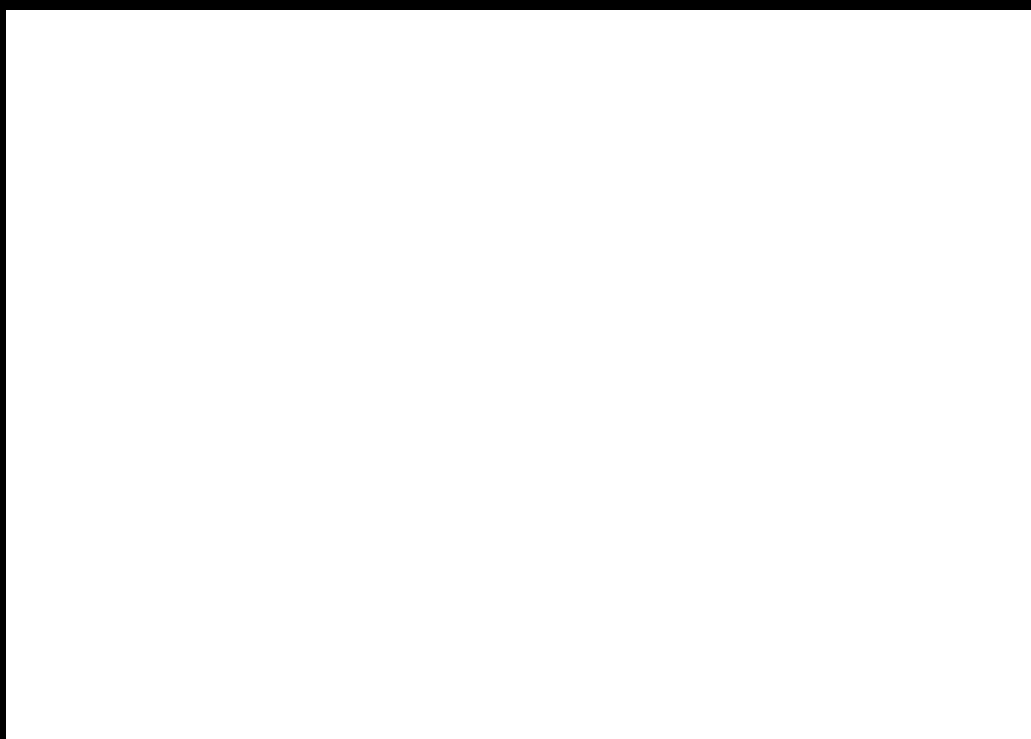
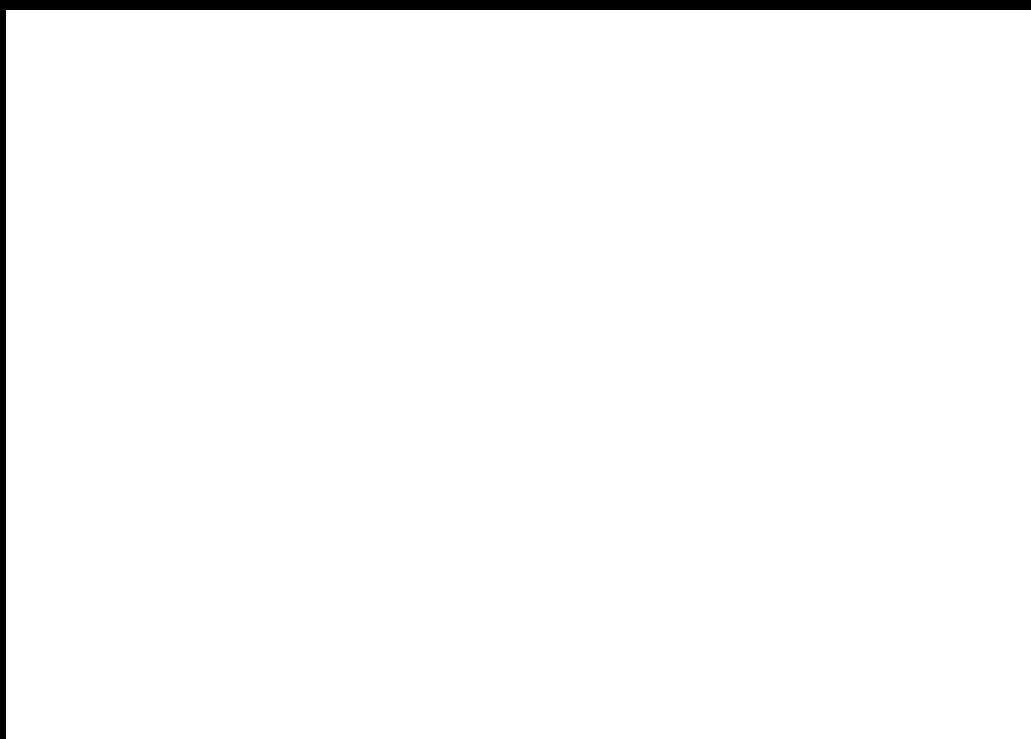


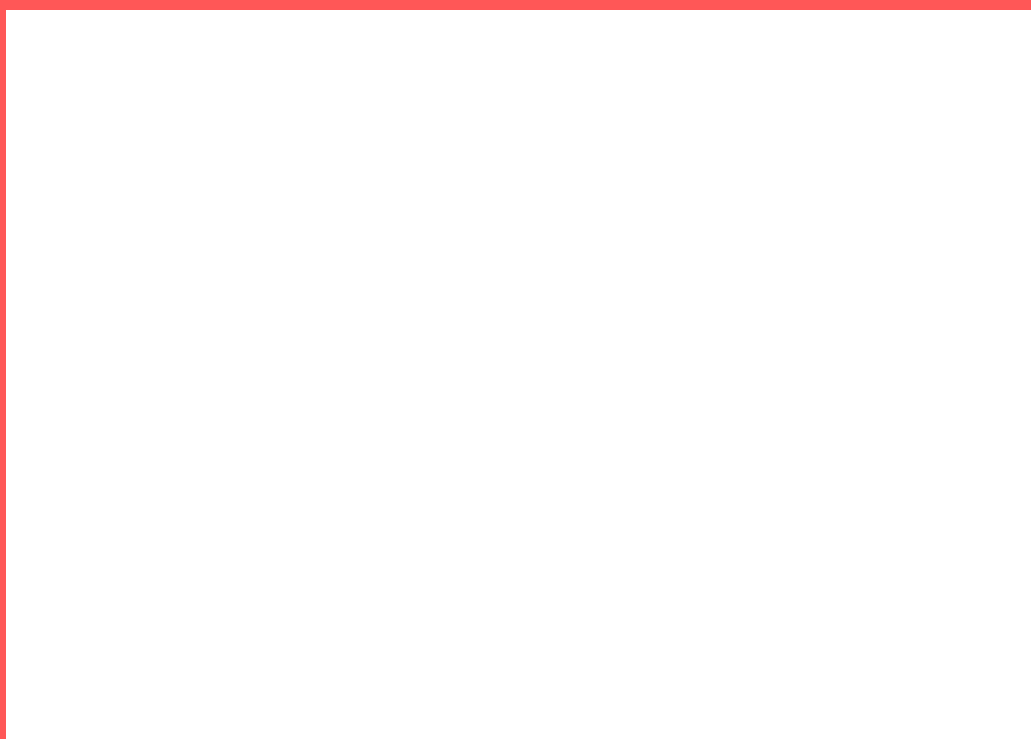
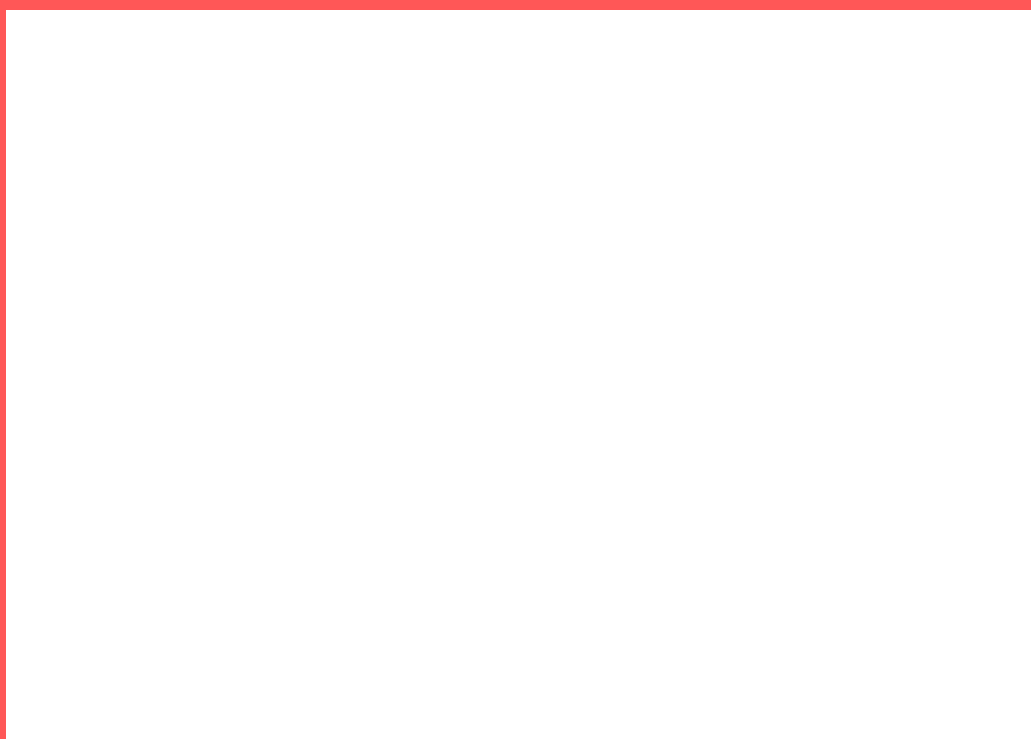


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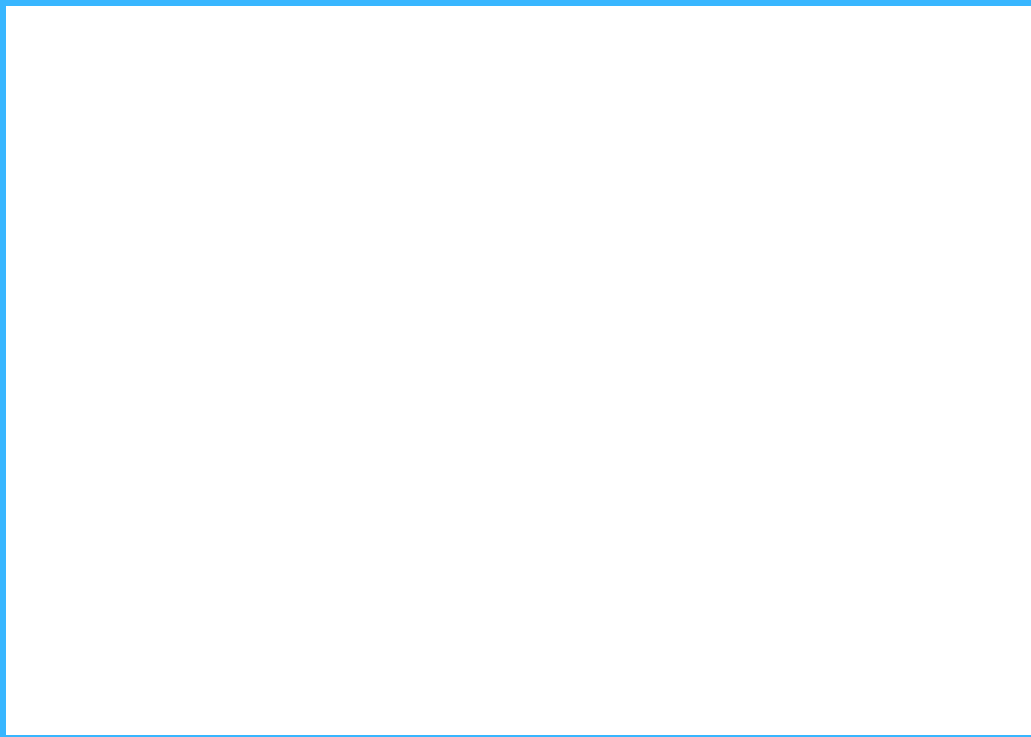
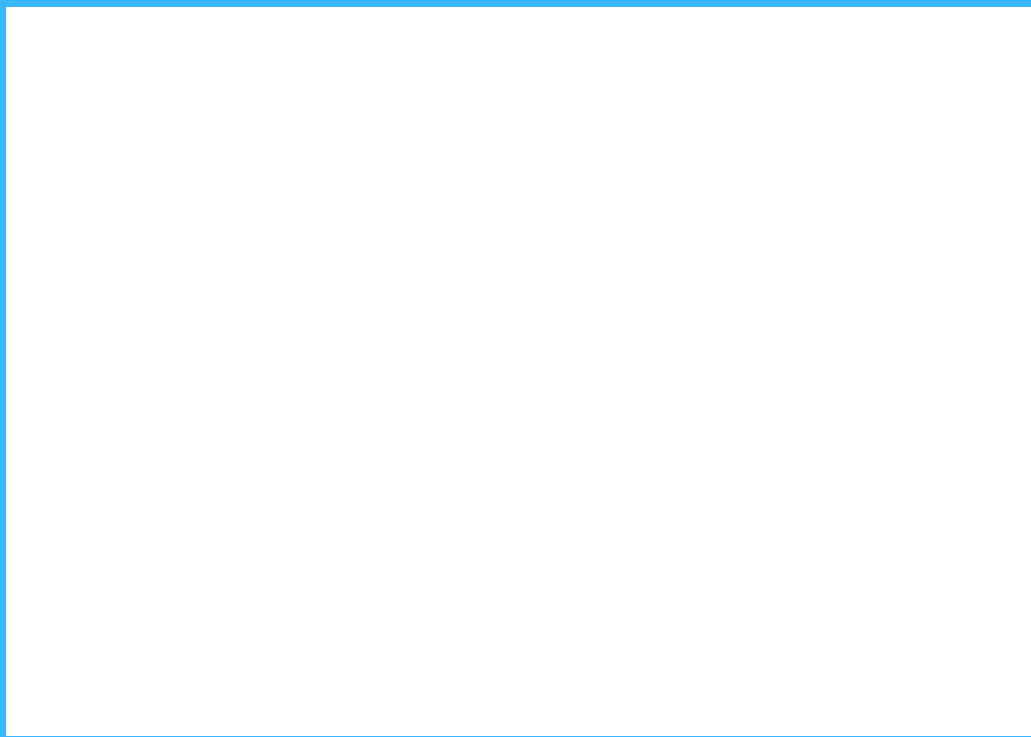
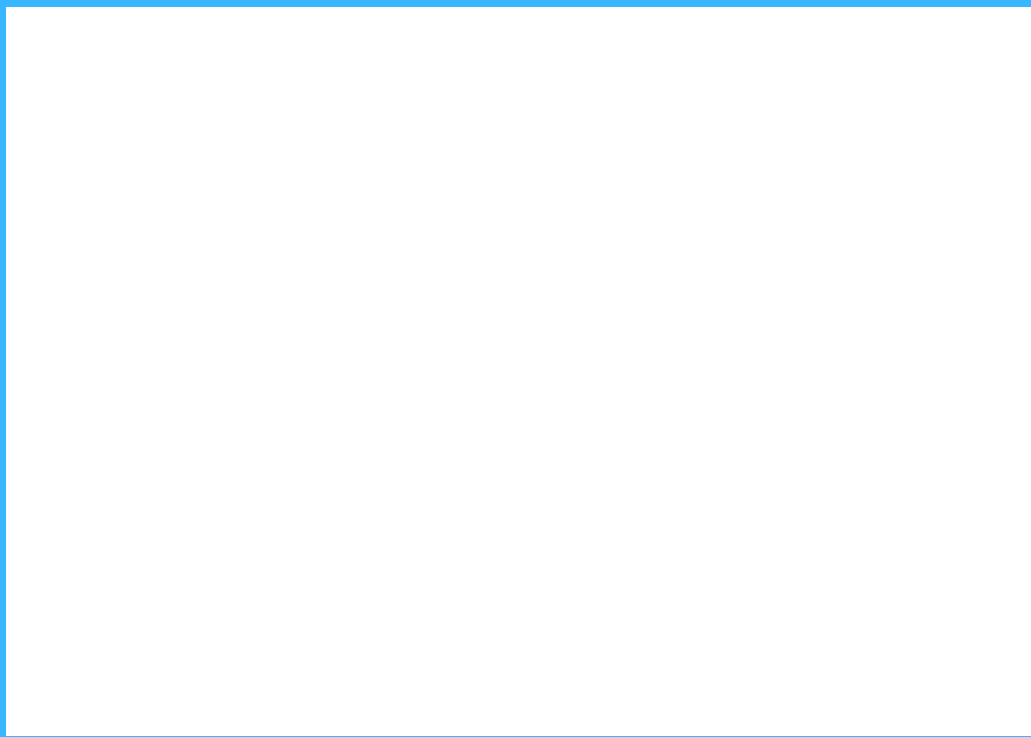




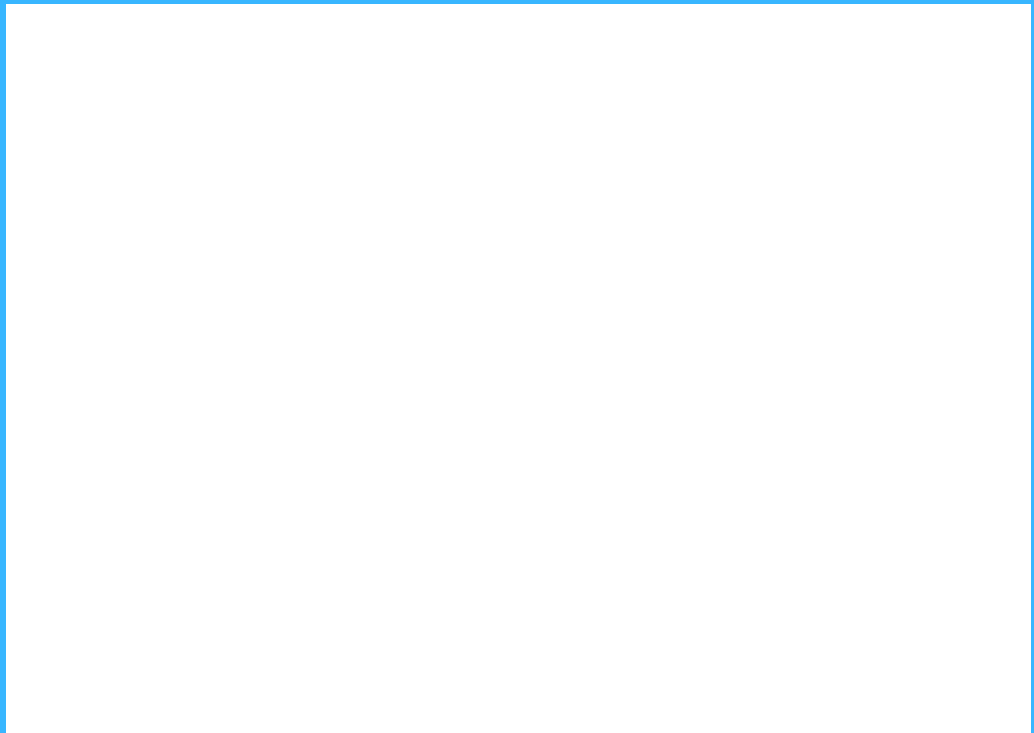




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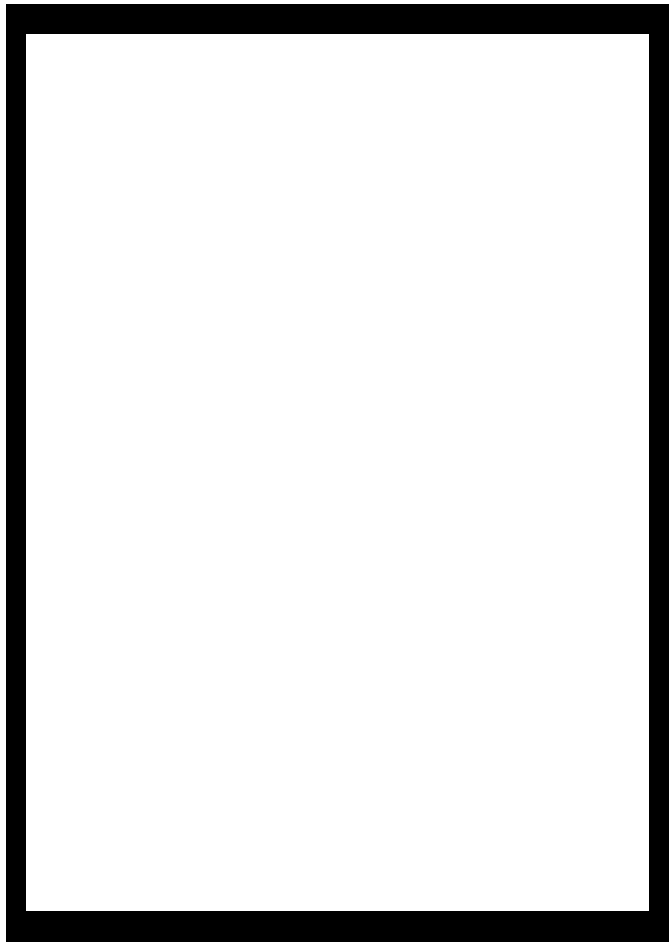
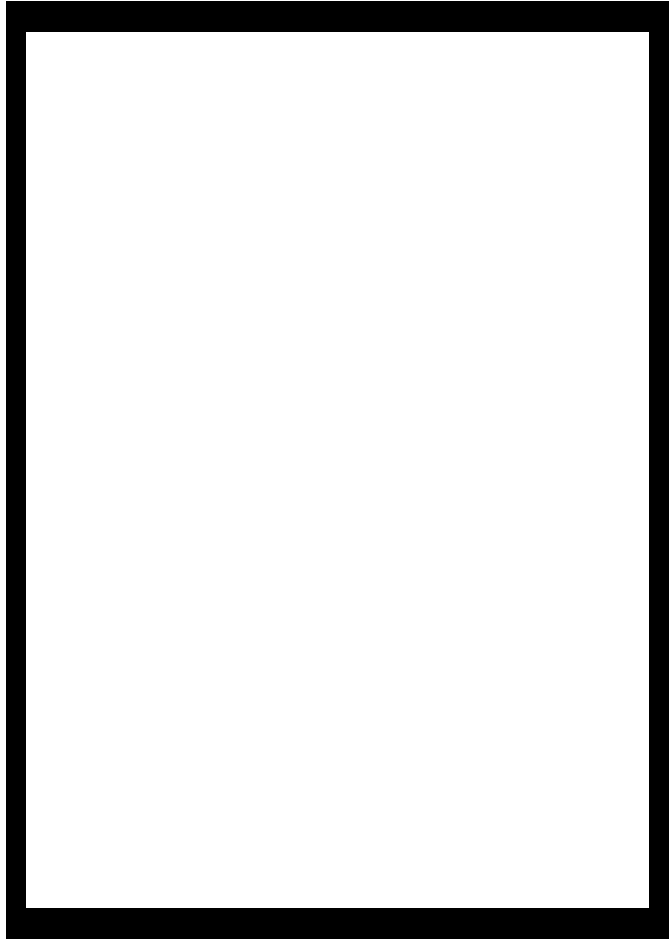


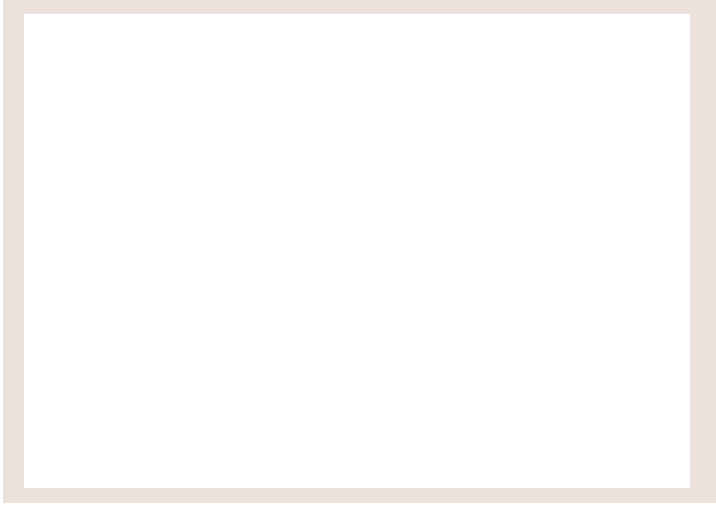
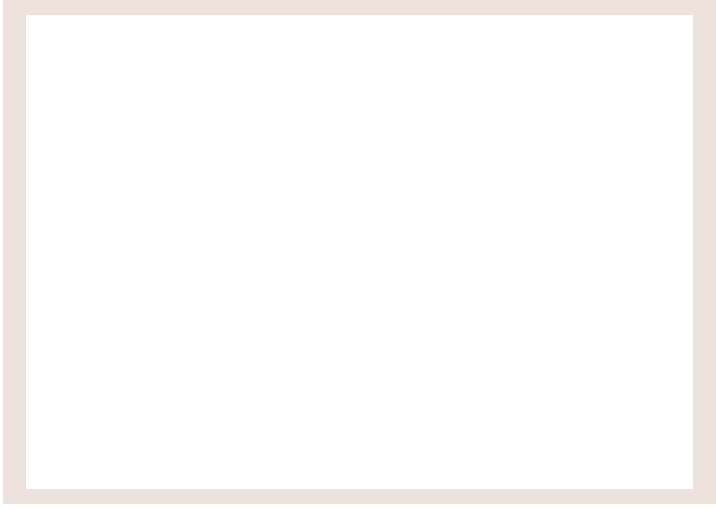
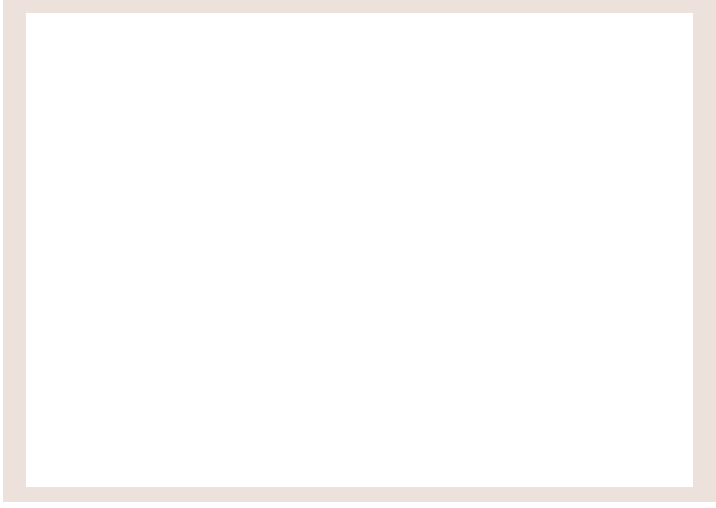
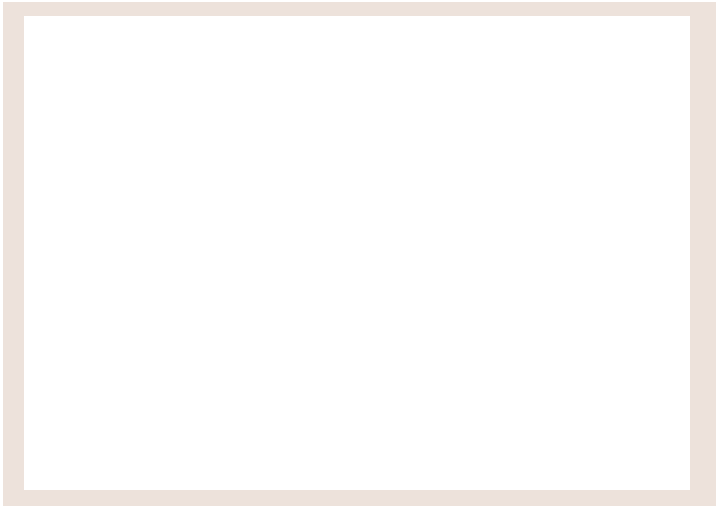
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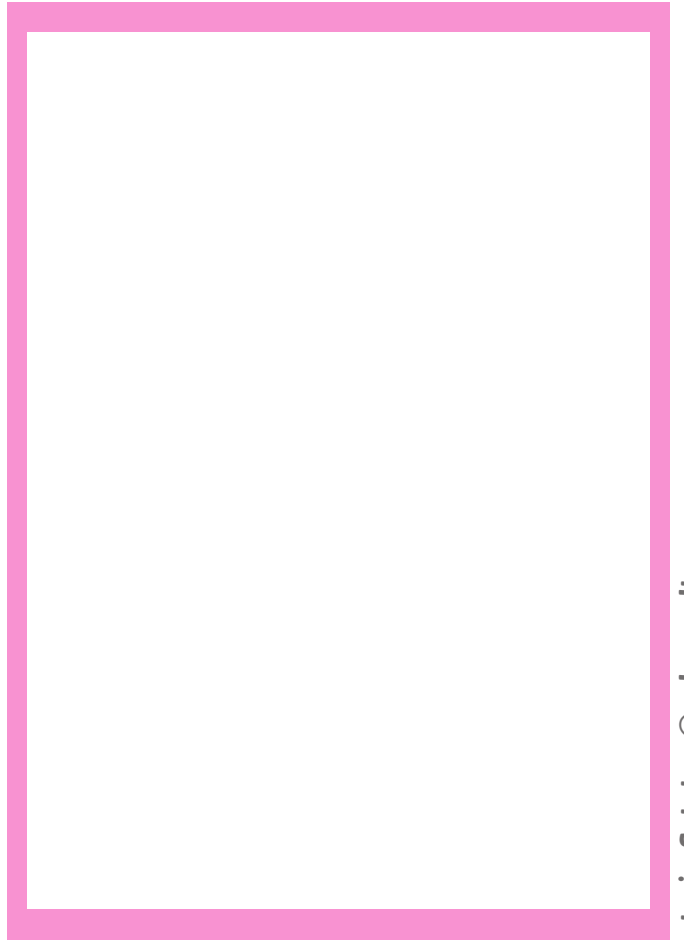
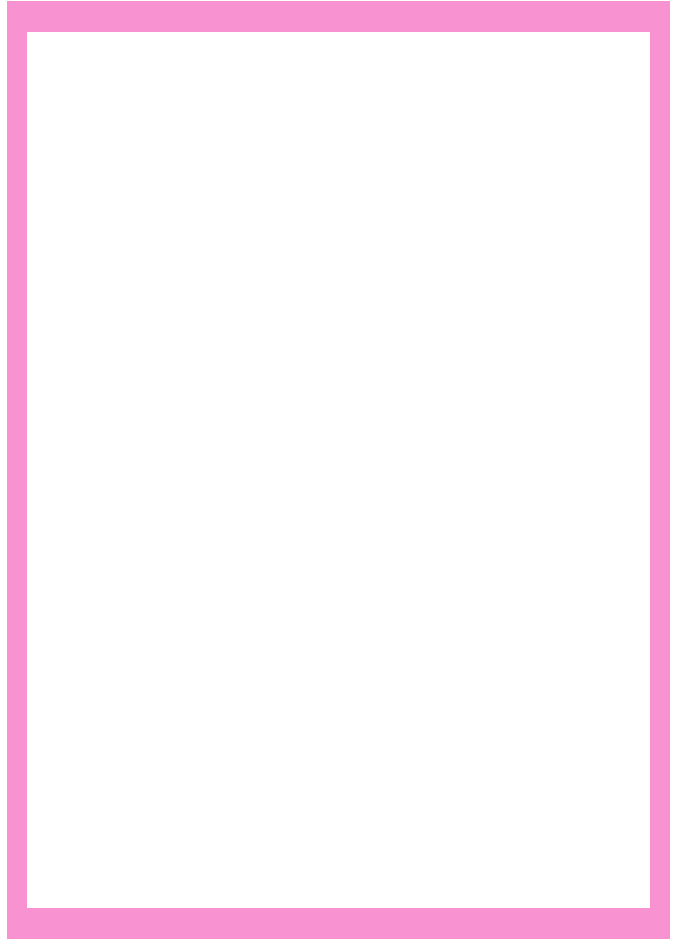


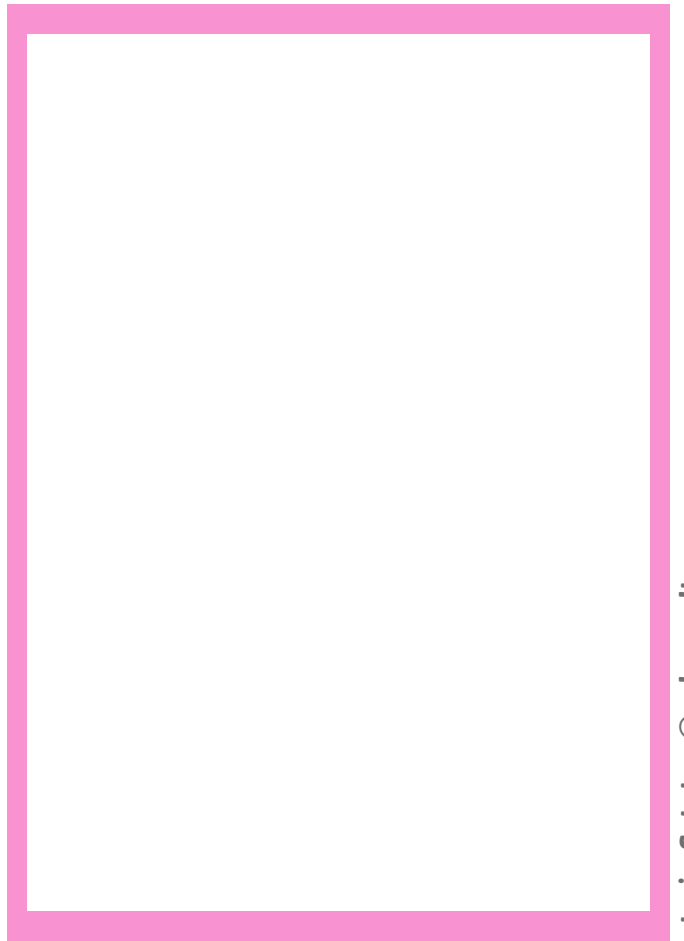
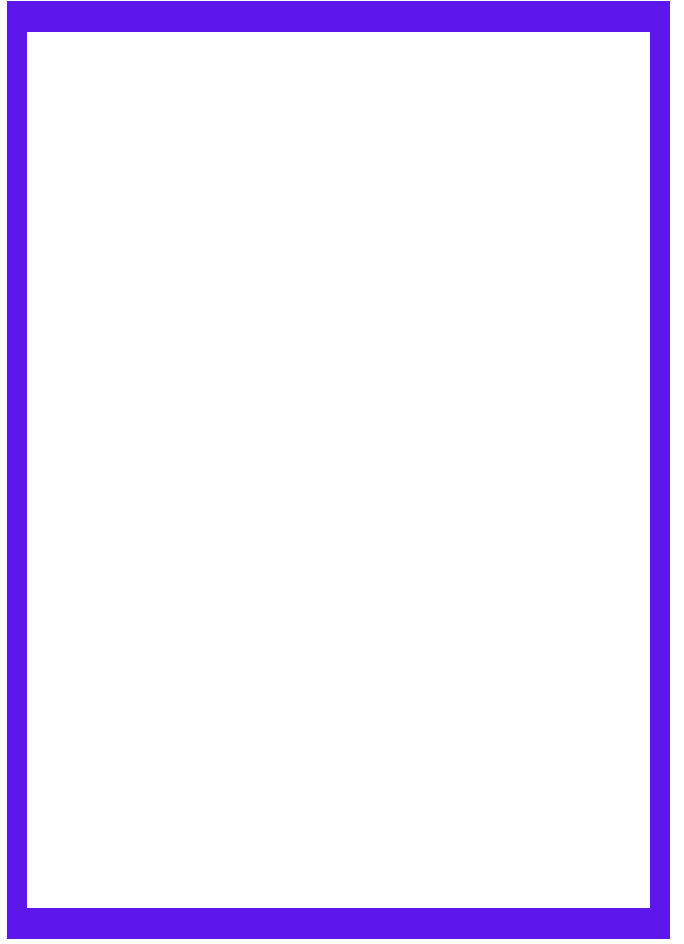
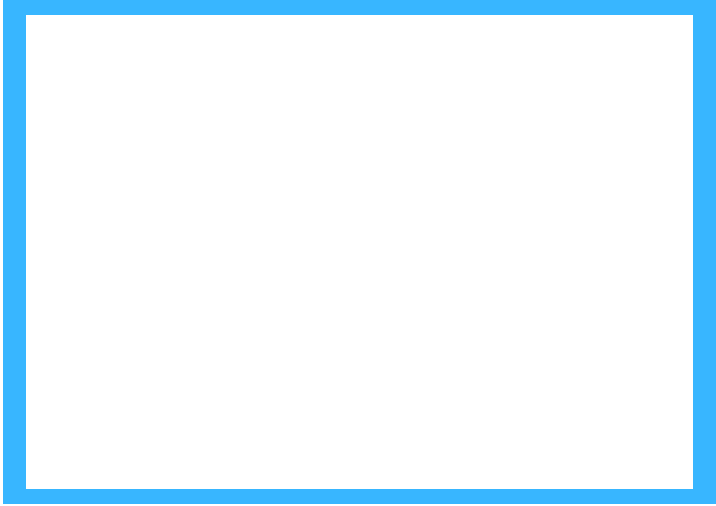
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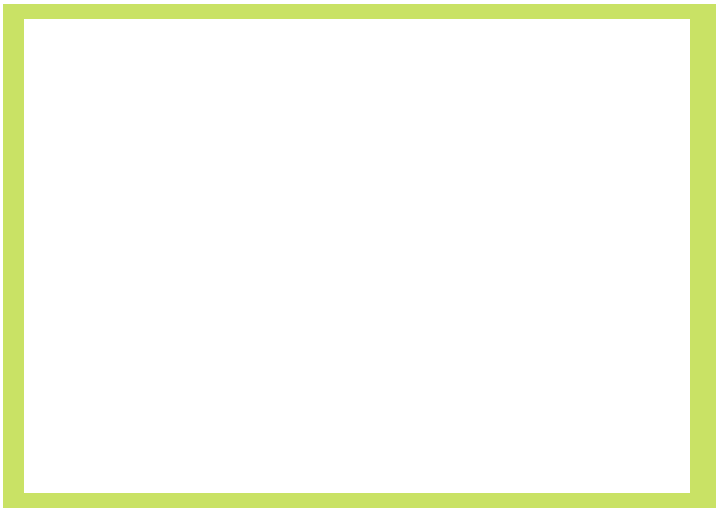


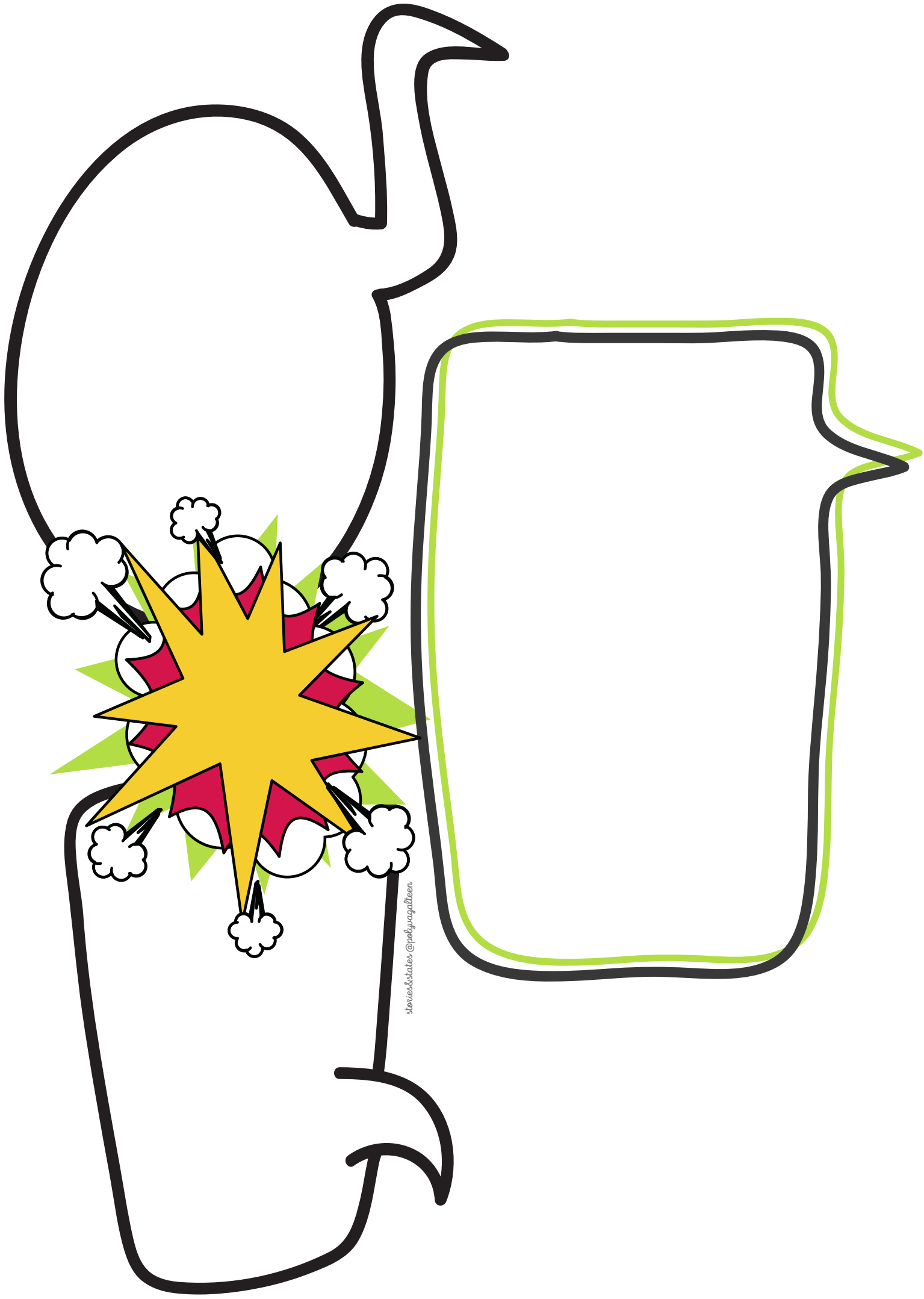




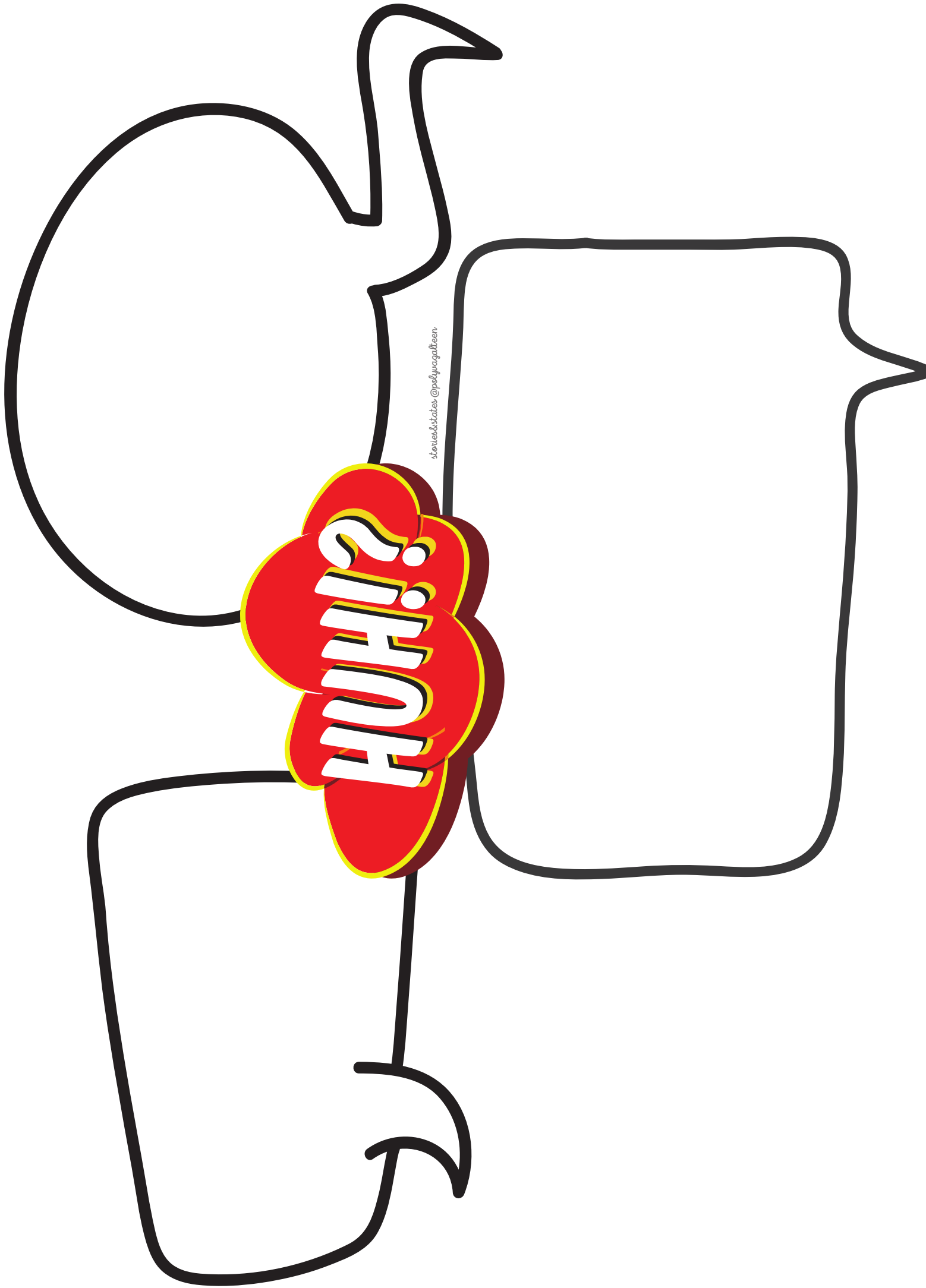








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HUH?

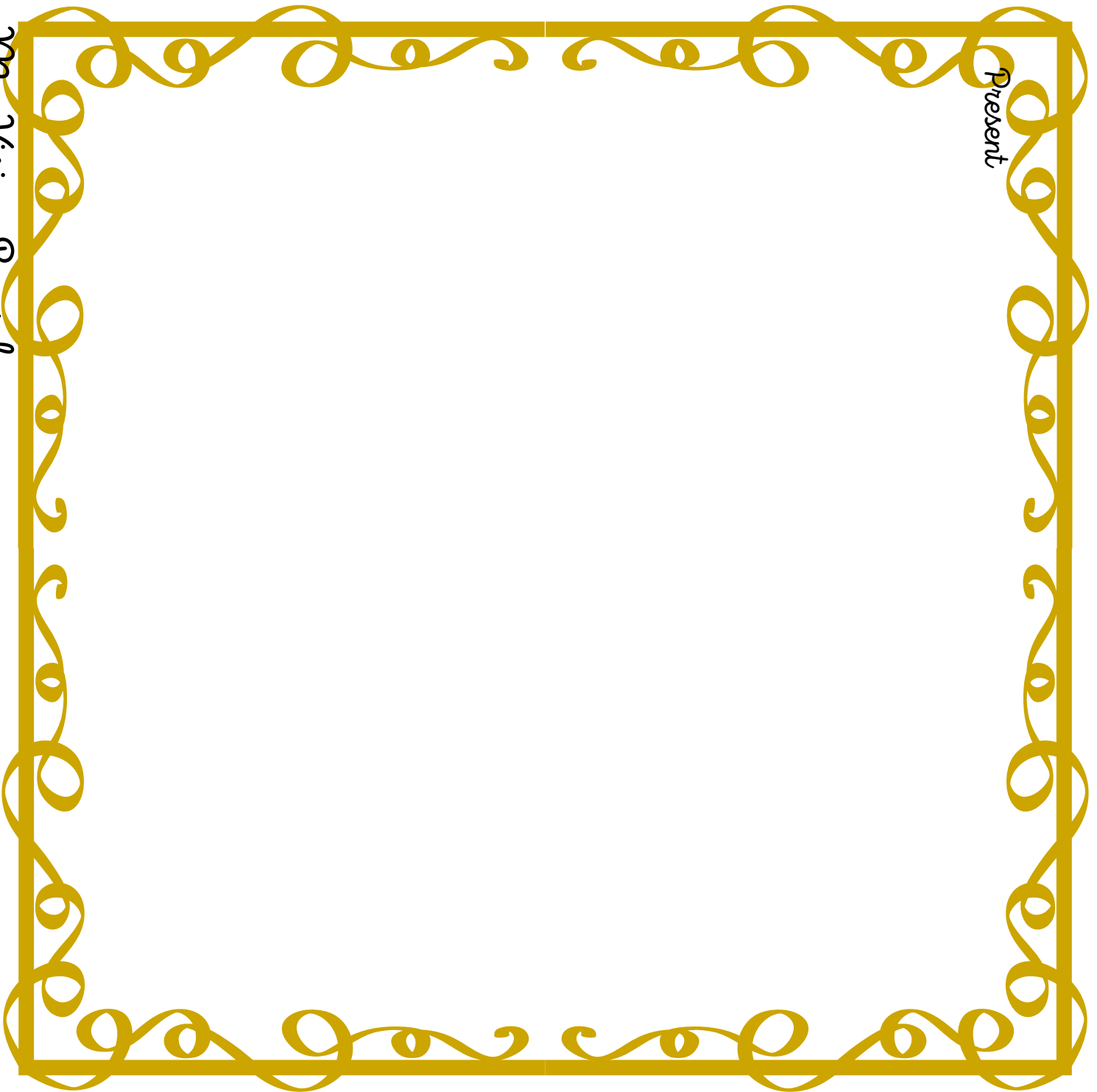
What keeps me there?

What takes me out of there?

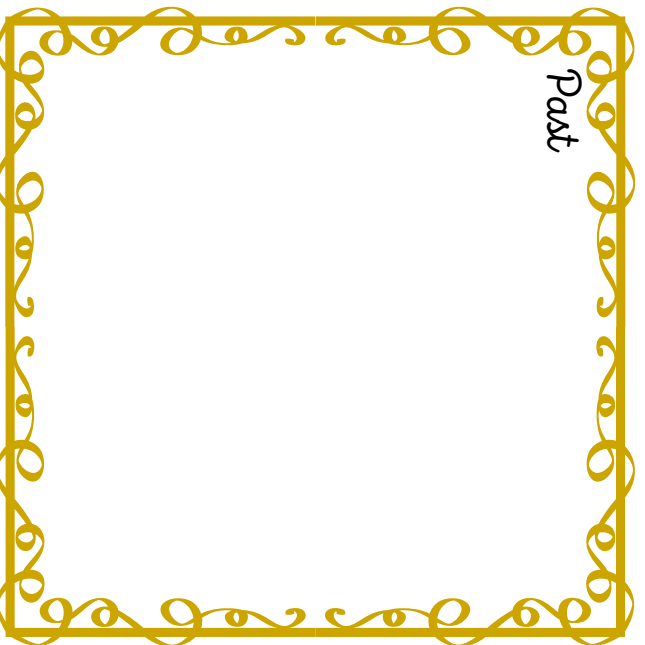
What gets me there?

stories&states@polyagalteen

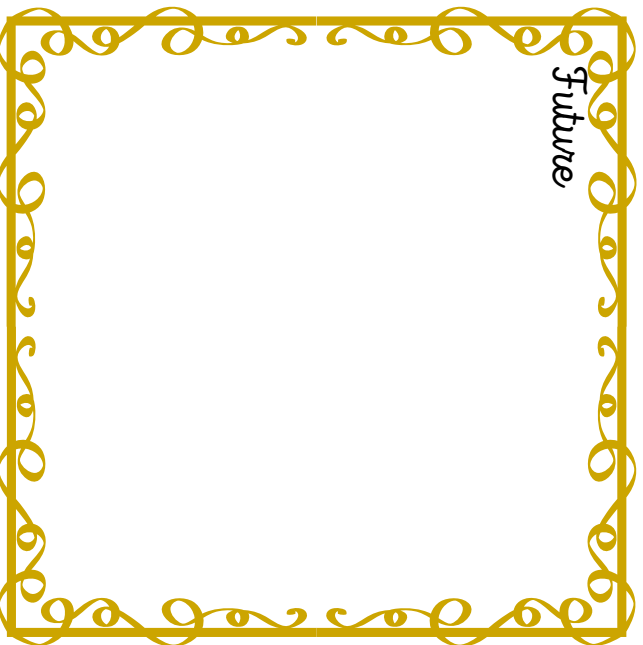
Present



Past



Future



My Vision Board.....

@myctoofit

My Vision Board.....

A large rectangular area defined by a dotted gold border, intended for a vision board. The area is currently blank.

@mygodsofart

Past

A rectangular area defined by a dotted gold border, intended for notes about the past. The area is currently blank.

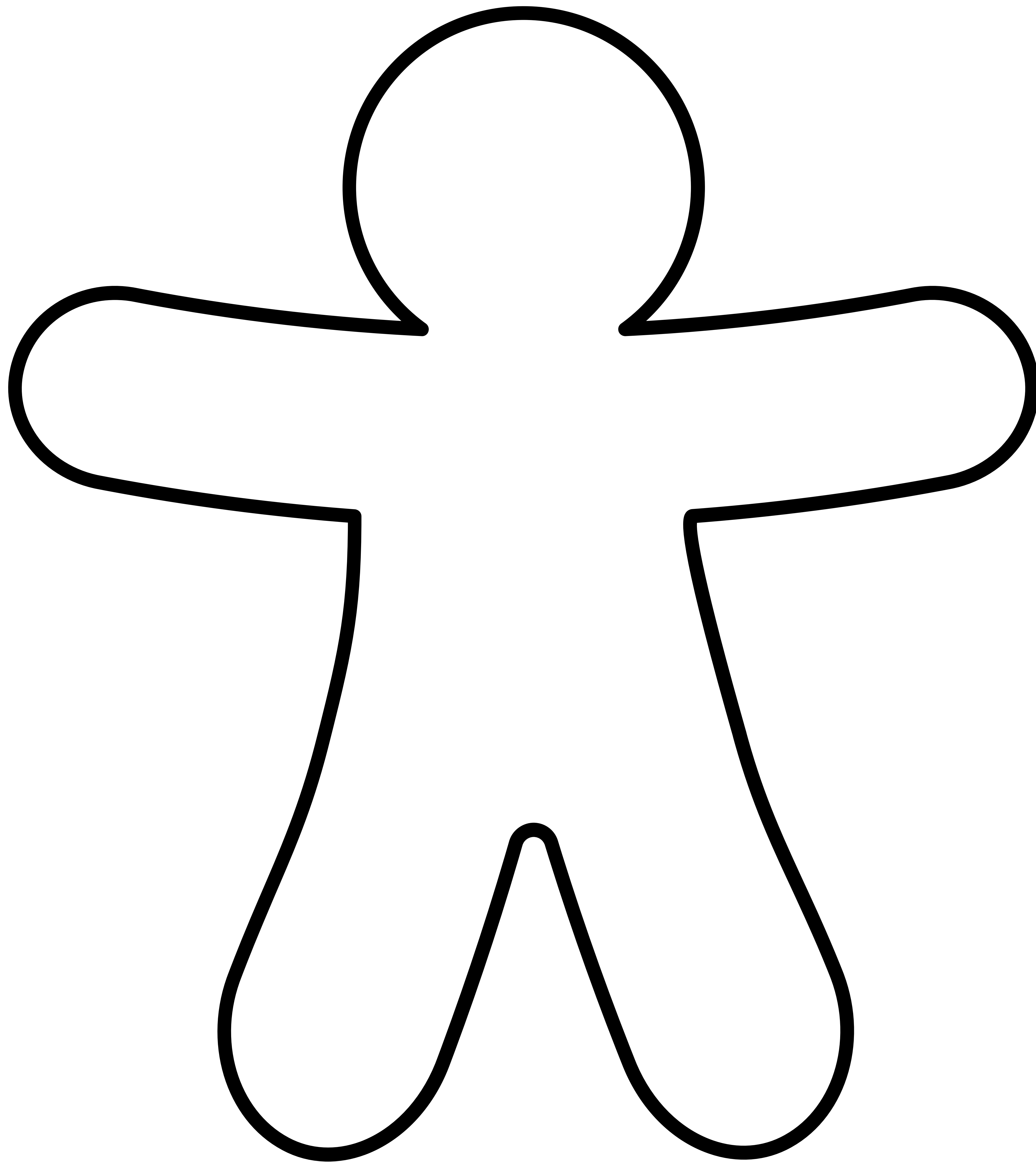
Present

A rectangular area defined by a dotted gold border, intended for notes about the present. The area is currently blank.

Future

A rectangular area defined by a dotted gold border, intended for notes about the future. The area is currently blank.

SENSATIONS & MY BODY



**COLOUR/ DOODLE/ SCRIBBLE TO SHOW DIFFERENT SENSATIONS INSIDE & OUTSIDE - FEEL
FREE TO USE DIFFERENT COLOURS & TEXTURE**

SENSATIONS IN MY BODY?

ELECTRIC

INTENSE

COSY

PUFFY

FLUFFY

ELASTIC

BOUNCY

SQUIDGY

SQISHY

TICKLY

JUMBLY

STRETCHY

TWITCH

KICK

FUZZY

FLUTTERY

STICKY

BUZZY

SPONGY

FEATHERY

FLIMSY

STEELY

FLEXIBLE

SLUSHY

ICY

FOGGY

FLOATY

POINTY

PRICKLY

CREAKY

TOXIC

BURNING

RAW

FIREY

KNOTTED

THROBBING

ITCHY

SHIMMERY

FLOWING

STILL

BUBBLY

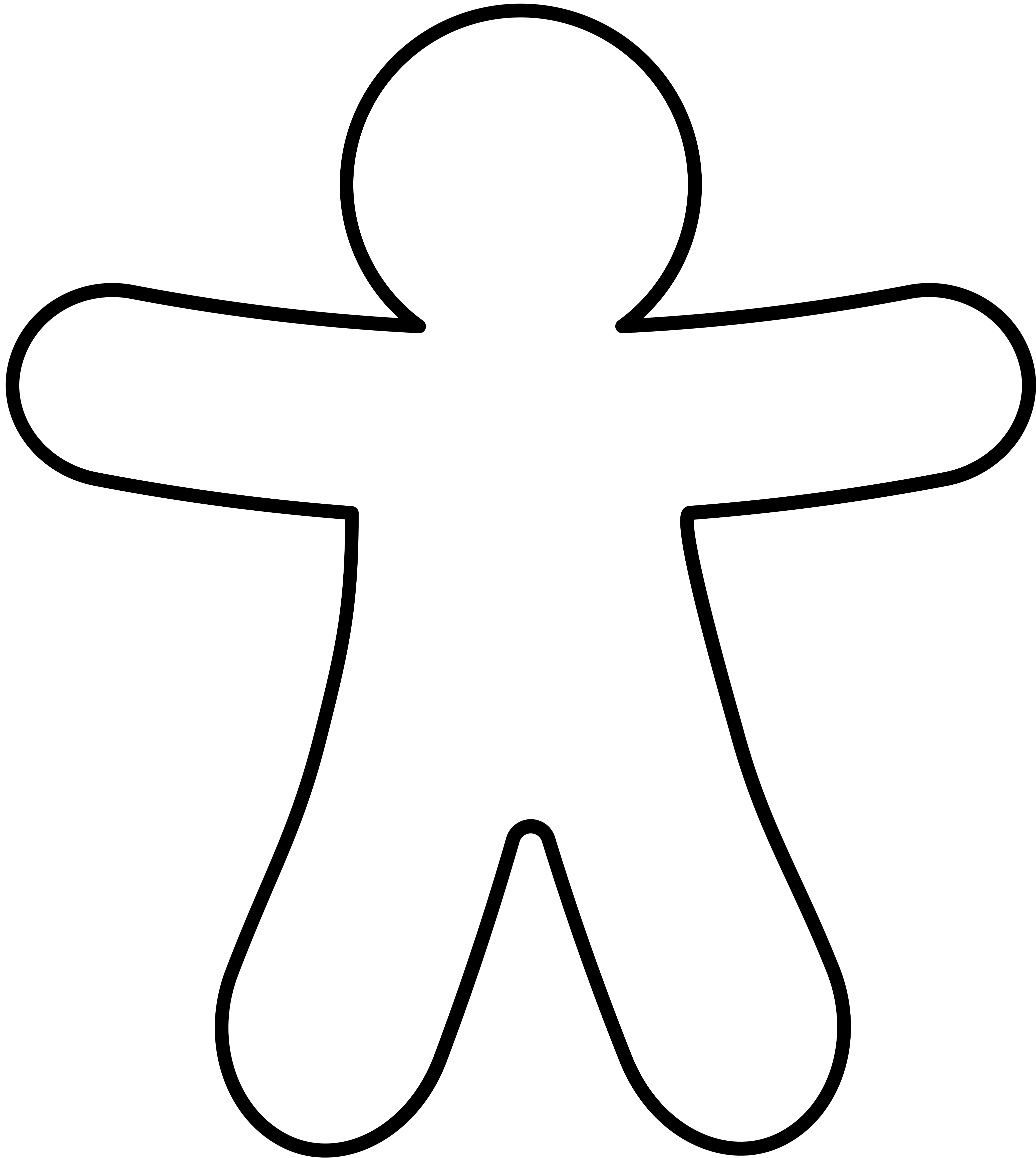
BUZZY

MELTING

PINCHING

**IF I FEEL UNSAFE .. MY BODY
LETS ME KNOW**

FEELINGS & MY BODY



**COLOUR/ DOODLE/ SCRIBBLE TO SHOW DIFFERENT FEELINGS INSIDE & OUTSIDE - FEEL
FREE TO USE DIFFERENT COLOURS & TEXTURE IF YOU WANT TO**

WHAT DO I FEEL IN MY BODY?

TENSE SHOULDERS

DIZZINESS

SHAKING

HEADACHE

STOMACH ACHE

BACK PAIN

FEEL NUMB

TINGLING

KICKING LEG

RED FACE

BURNING

MEMORY BLANK

MIGRAINE

STUTTERING

STAMMERING

SWEATY PALMS

FEEL SICK

TIGHT CHEST

WOBBLY & DIZZY

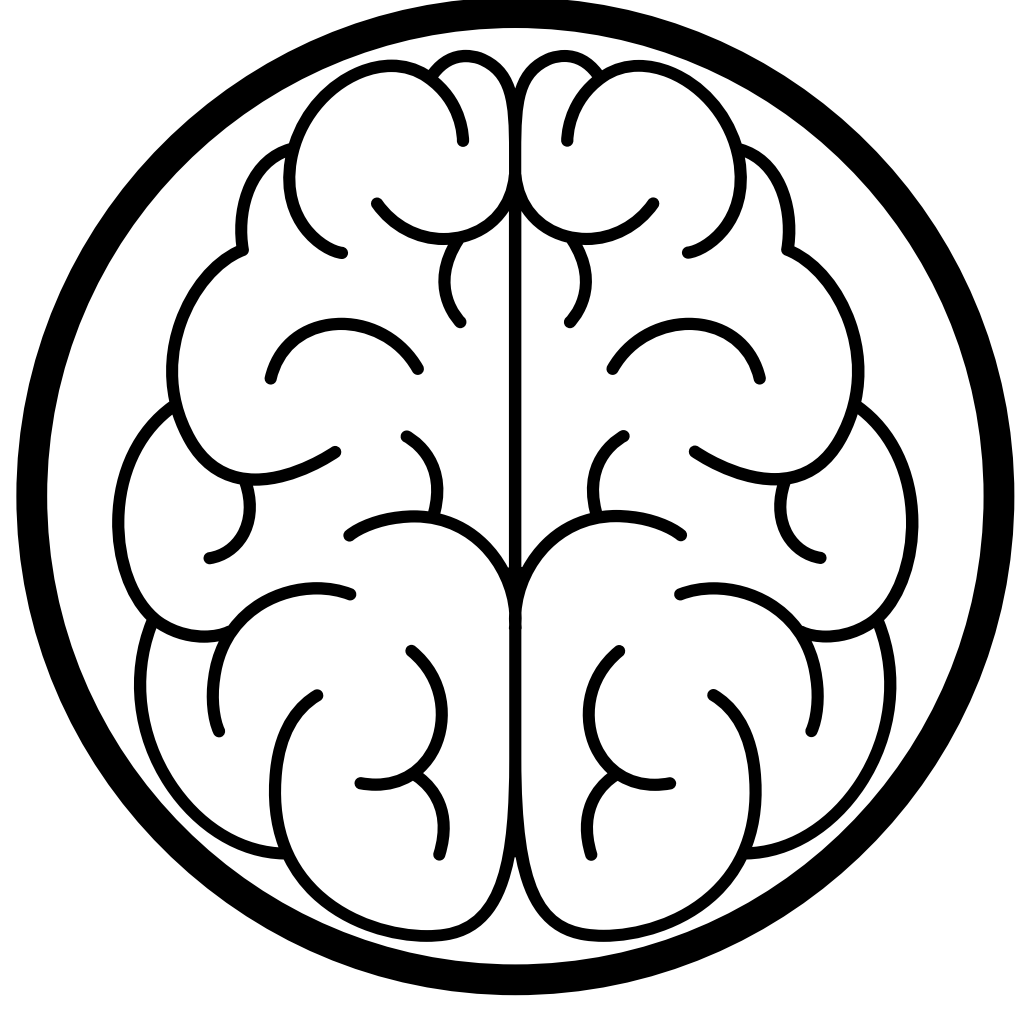
BLURRY VISION

BREATHING HARDER & FASTER

NEED THE LOO

**IF I FEEL UNSAFE .. MY BODY
LETS ME KNOW**

STATE



WHAT HAPPENED/ ISSUE / CONCERN

WHAT GETS ME HERE?

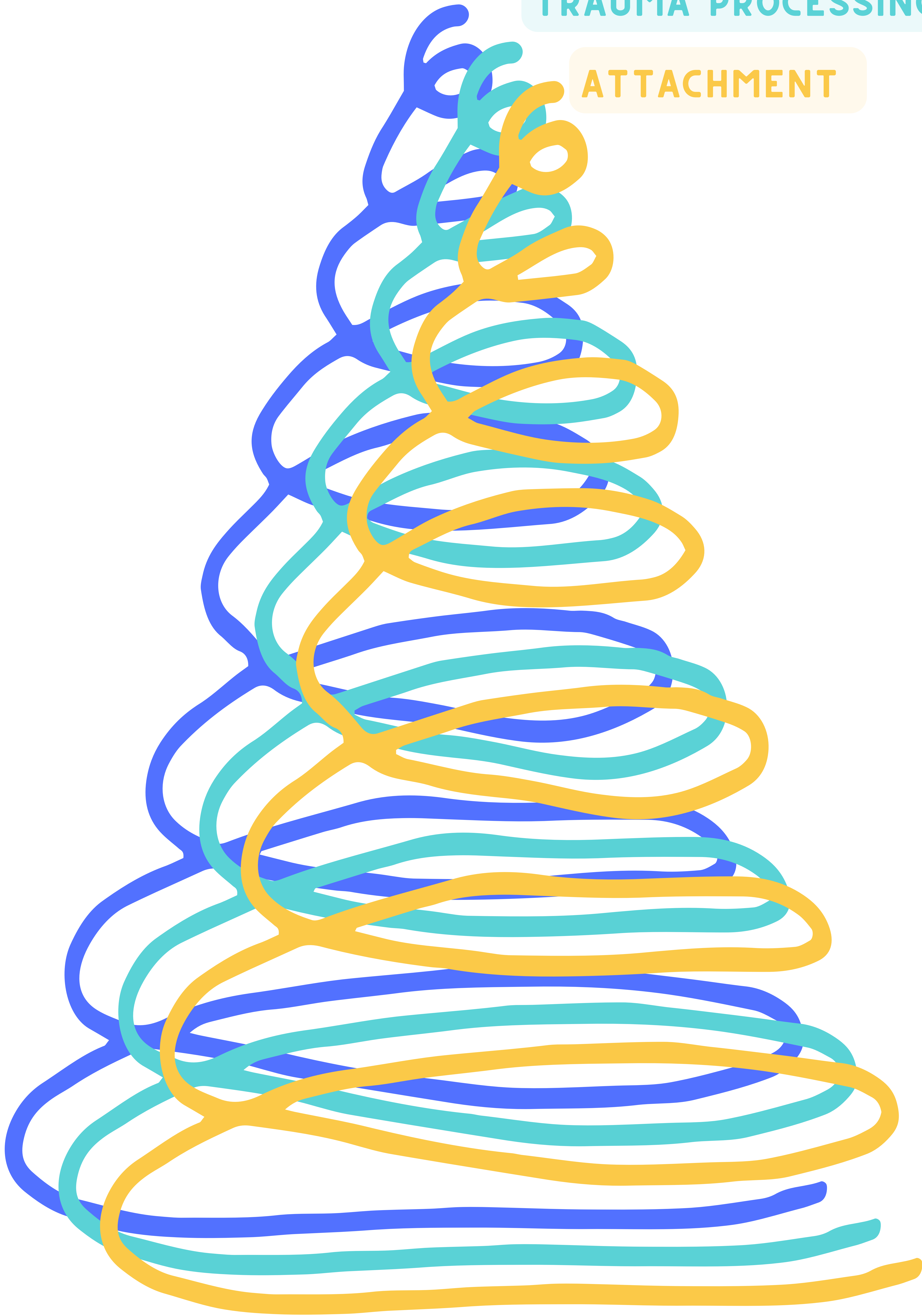
WHAT KEEPS ME HERE?

WHAT TAKES ME OUT OF HERE?

REGULATION

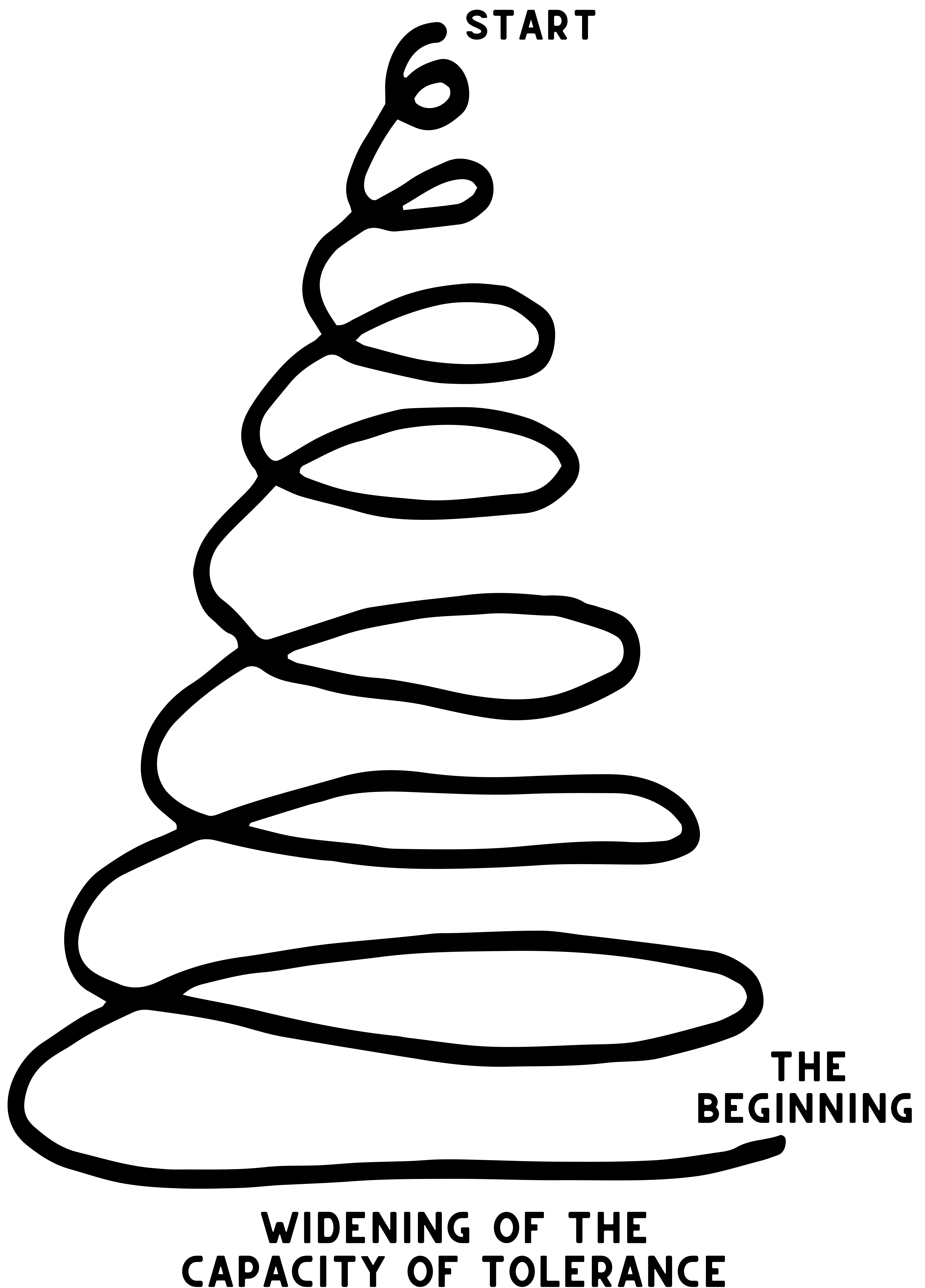
TRAUMA PROCESSING

ATTACHMENT



SMART SPIRAL

THE CAPACITY SPIRAL



ATTACHMENT THEORIES

INFANTS

The lasting psychological connectedness between human beings. In infants, this is between a child and primary caregiver.



SECURE

Child becomes distressed when parent leaves, but is easily comforted when the parent returns.



AVOIDANT

Child is not distressed when parent leaves and ignores or avoids the parent when they return. This is the child's covert way of managing their anxiety.



ANXIOUS-RESISTANT

Child is distressed when parent leaves, and seeks to punish the parent for leaving when the parent returns by displaying overt feelings such as anger.



DISORGANISED

Child does not have a predictable pattern of attachment. Includes child who displays signs of depression and disturbing behaviour.

Attachment styles lay the foundations for future relationships as adults.