## Personal Profile Map: Polyvagal Zones of Regulation created by Dr. Laura Hutchison, RPT/S

GREEN ZONE	GO! CONNECT	What's YOUR own personal title for THIS zone:	What helps you get into this zone?
GHEEN ZONE	GOI CONNECT	What are things that you notice when you are in this zone?	These are called glimmers!
		what does it feel, look, and sound like?	mese are cauca guimmers:
		what does it reely took, and sound line:	
		what does your body feel like?	
		what does your body rect line:	
		what things do you DO?	
		what things do you bo:	
You feel sa	afe and you are able to connect with others!	how do you feel?	
		now do you rees:	
		what do you think or say?	
		white do you trink or say:	
		how is your sleep?	
		any other things you notice?	
		and the second of the second o	
		I am	
finish the sentences		The world is	
ORANGE ZONE	USE CAUTION	What's YOUR own personal title for THIS zone:	What gets you into this zone?
	Do you feel worried?	What are things that you notice when you are in this zone?  what does it feel, look, and sound like?	These are called triggers.
	Then you are probably in the YELLOW ZONE	what does it feel, look, and sound like?	
		what does your body feel like?	
		what does your body reel like?	
		about this cast of the control of th	
		what things do you DO?	
		how do you feel?	
	Slow down in order to get back to Green!	now do you reet?	
	StOW GOWII in order to get back to Green!	what do you think or say?	
		what do you think or say?	
		how is your sleep?	
		now is your steep:	
		any other things you notice?	
		any other things you notice:	
You feel like you		I am	
need to FIGHT or (run away).	finish the sentences	The world is	
You may feel	OR do you feel MAD?	What's YOUR own personal title for THIS zone:	What gets you into this zone?
worried (yellow	Then you are probably in the BED ZONE	What are things that you notice when you are in this zone?	These are called triggers.
zone) OR angry (red zone).	STOP! so you can calm yourself down	what does it feel, look, and sound like?	
zone).			
		what does your body feel like?	
		what things do you DO?	
		how do you feel?	
		what do you think or say?	
		how is your sleep?	
		any other things you notice?	
		I am	
	finish the sentences	The world is	

PURPLE ZONE	TAKE CARE OF YOURSELF	What's YOUR own personal title for THIS zone:	What gets you into this zone?
	Do you feel sad, hurt, or sick?	What are things that you notice when you are in this zone?	These are called triggers.
	Then you are probably in the BLUE ZONE.	what does it feel, look, and sound like?	'
	REST and take care of yourself! (Don't be afraid to ask for help from people		
		what does your body feel like?	
		what things do you DO?	1
		how do you feel?	,
		Thou do you reek	
		what do you think or say?	
	you feel safe with!)		
		how is your sleep?	
		any other things you notice?	
You feel like you need to shut down,			
	Tinish the sentences	I am	
sleep, rest, or be		The world is	
alone.	Do you feel trapped, terrified, or hopeless?	What's YOUR own personal title for THIS zone:	What gets you into this zone?
	PROTECT yourself! Find ways to help yourself feel safe.	What are things that you notice when you are in this zone?  what does it feel, look, and sound like?	These are called triggers.
		what does it leet, took, and sound tikes	
		what does your body feel like?	
		what things do you DO?	
		how do you feel?	
		what do you think or say?	
		how is your sleep?	
		any other things you notice?	
	finish the sentences	I am The world is	