

Personal Profile Map: Polyvagal Zones of Regulation
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GREEN ZONE	GO! CONNECT	What's YOUR own personal title for THIS zone:	What helps you get into this zone?
<p>You feel safe and you are able to connect with others!</p>		What are things that you notice when you are in this zone?	These are called glimmers!
		what does it feel, look, and sound like?	
		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 ...	
ORANGE ZONE	USE CAUTION	What's YOUR own personal title for THIS zone:	What gets you into this zone?
<p>Slow down in order to get back to Green!</p>		What are things that you notice when you are in this zone?	These are called triggers.
		what does it feel, look, and sound like?	
		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 ...	
<p>STOP! so you can calm yourself down</p>		What are things that you notice when you are in this zone?	These are called triggers.
		what does it feel, look, and sound like?	
		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 ...	

You feel like you need to FIGHT or (run away).
 You may feel worried (yellow zone) OR angry (red zone).

PURPLE ZONE	TAKE CARE OF YOURSELF	What's YOUR own personal title for THIS zone:	What gets you into this zone?	
<p>You feel like you need to shut down, sleep, rest, or be alone.</p>	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?		
	<p>REST and take care of yourself! (Don't be afraid to ask for help from people you feel safe with!)</p>		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 ...		
Do you feel trapped, terrified, or hopeless?	What's YOUR own personal title for THIS zone:	What gets you into this zone?	These are called triggers.	
Then you are probably in the PINK ZONE .	What are things that you notice when you are in this zone?	what does it feel, look, and sound like?		
<p>PROTECT yourself! Find ways to help yourself feel safe.</p>		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 ...			