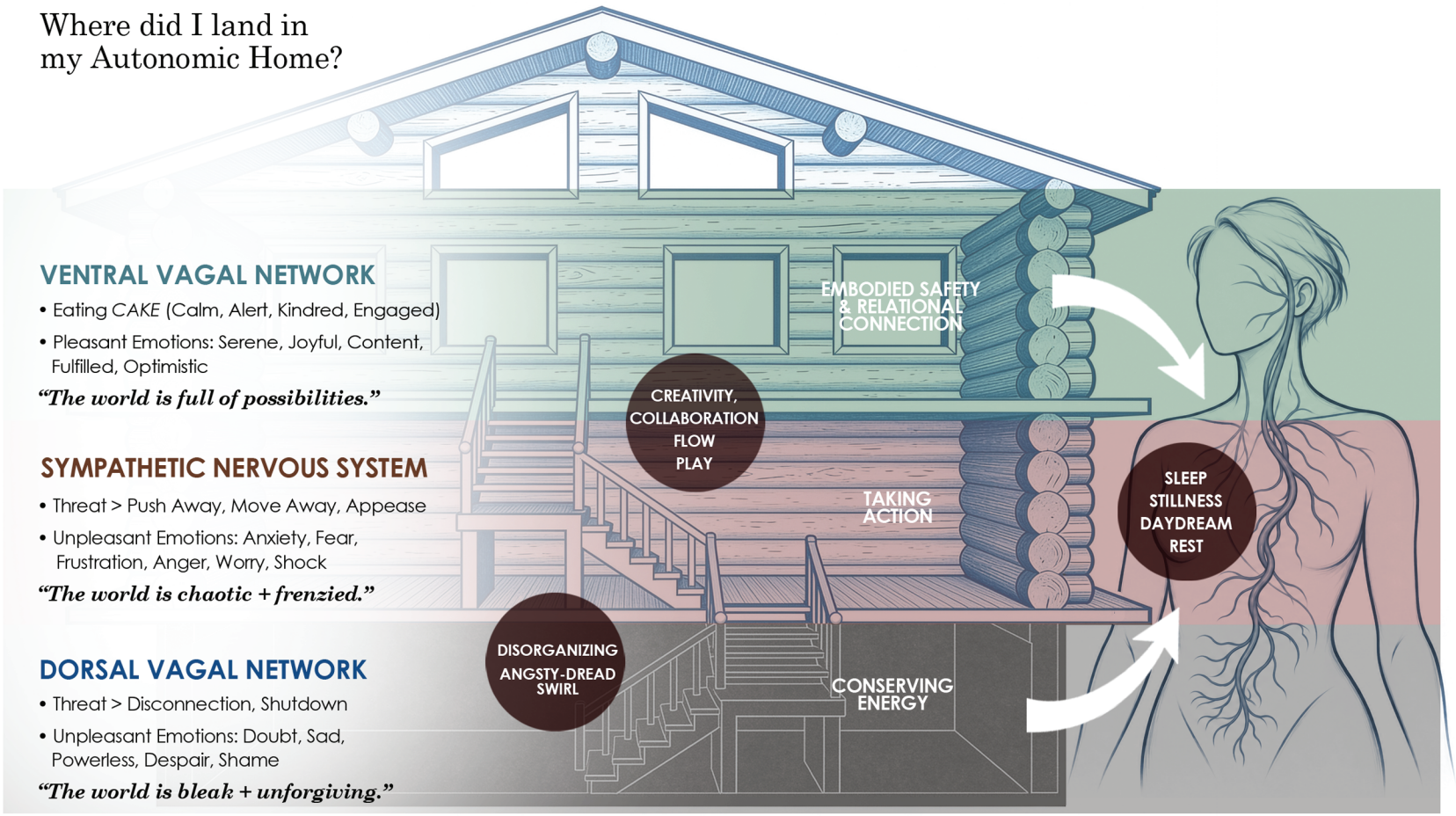
Navigating Your Autonomic Home

RECOGNIZING YOUR NEURAL NETWORKS

Where did I land in my Autonomic Home?



VENTRAL VAGAL NETWORK

- Eating *CAKE* (Calm, Alert, Kindred, Engaged)
- Pleasant Emotions: Serene, Joyful, Content, Fulfilled, Optimistic

"The world is full of possibilities."

SYMPATHETIC NERVOUS SYSTEM

- Threat > Push Away, Move Away, Appease
- Unpleasant Emotions: Anxiety, Fear, Frustration, Anger, Worry, Shock

"The world is chaotic + frenzied."

DORSAL VAGAL NETWORK

- Threat > Disconnection, Shutdown
- Unpleasant Emotions: Doubt, Sad, Powerless, Despair, Shame

"The world is bleak + unforgiving."

WISE AT WORK
working better together
DOWNLOAD: wiseatwork.net/exercises

Excerpted from ***Mammals at Work***

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