

Human Vagus Nerve Pathways

Green: Ventral Vagal Complex

Parasympathetic nervous system (brakes), social engagement (above the diaphragm)

SAFETY: Freedom, friends.

DANGER: Find (comfort and protection with others), fawn (appease, negotiate, comply, caretake, codependency). These are blended states involving some SNS activation.

Gold: Sympathetic Nervous System

Arousal and activation (gas pedal), connects to limbs for activity and action

SAFETY: Fun, flurry, fluster, force (fidget). These are blended states modulated by the V/C.

DANGER: Fight, flight (fidget).

Red: Dorsal Vagal Complex

Parasympathetic nervous system (brakes), restoration, conservation, shutdown (below the diaphragm)

SAFETY: Food/forage, falling asleep (rest and digest)

LIFE THREAT: Freeze/fright, fold/flag (collapse, surrender), faint, feign death, fragment (dissociate). Some of these involve blended states with some SNS activation.

