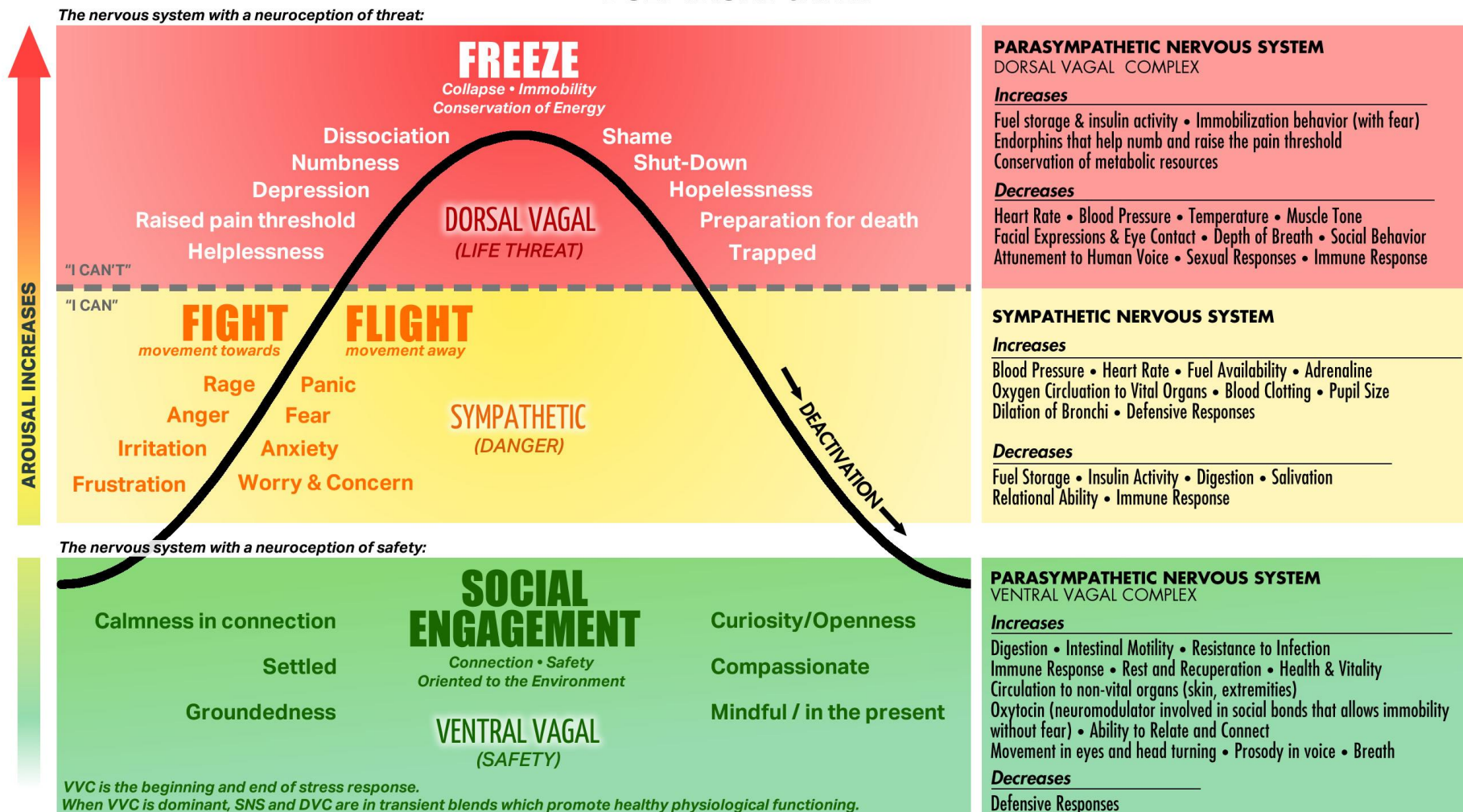


# The Polyvagal Theory: The transformative power of feeling safe

## POLYVAGAL CHART



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Adapted by Ruby Jo Walker from: Cheryl Sanders, Anthony "Twig" Wheeler, and Steven Porges.

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For further information then watch Seth Porges' Nerd Nite Talk by googling: *Seth Porges Polyvagal Theory*