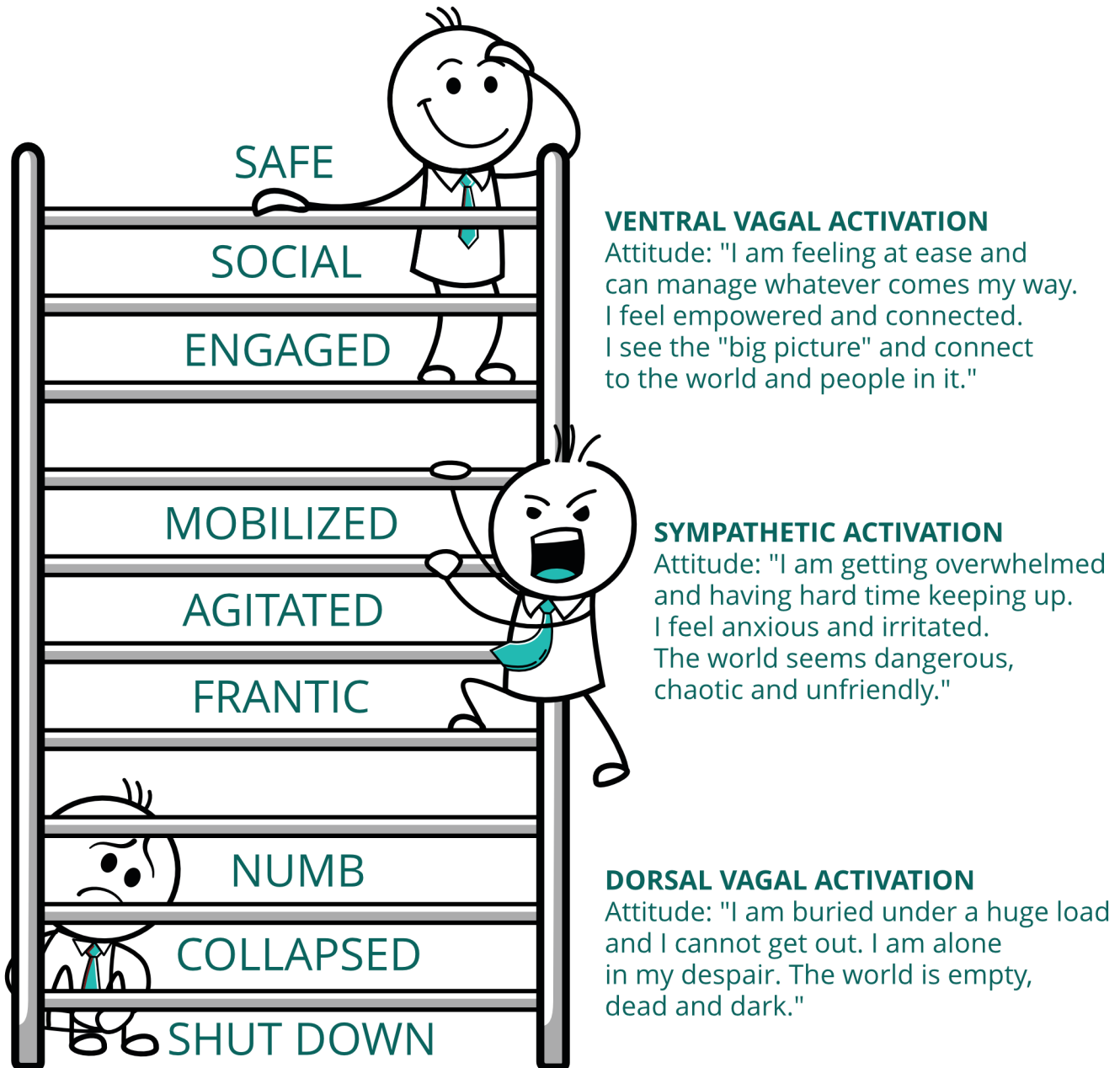


AUTONOMIC NERVOUS SYSTEM AS A LADDER



Adapted from *The Polyvagal Theory in Therapy* by Deb Dana