

Triggers and Glimmers Map

The Map is aesthetically the same as the last map however, we will approach this map differently. This map will delve deeper into how you react rather than how you are. You may want to have your Personal Profile Map out to support you on filling out your Triggers and Glimmers Map. You will want to find yourself in each state, this time you are writing down moments or events that bring about these feelings or states.

| | | |
|-----------------------|-----------------|-------------|
| Ventral Vagal | Glimmers | <div></div> |
| Safe | | |
| Social | | |
| | | |
| Sympathetic | Triggers | <div></div> |
| Mobilized | | |
| Fight - Flight | | |
| | | |
| Dorsal Vagal | Triggers | <div></div> |
| Immobilized | | |
| Collapsed | | |

© Deb Dana. From Dana, D. (2018). *The polyvagal theory in therapy: Engaging the rhythm of regulation*. New York: W. W. Norton.

Or go to the link below for a copy.

<https://www.rhythmofregulation.com/resources/Figure%206-1%20Triggers%20and%20Glimmers%20Template.pdf>

Step One:

Gather your Personal Profile Map and your colored writing utensils along with your blank Triggers and Glimmers Map.

Step Two:

First you will look at your two triggers sections and ask yourself ; which state (dorsal vagal or sympathetic) will be easiest for me to identify my triggers? Start there. Dorsal Vagal is frozen. Sympathetic is flighty. Refer to the personal profile map if you need help to remember what each state feels like. Take it one section at a time. Whatever section you start with choose a headline or a word that encompasses that state. Write this word down vertically in the box to the right of the section. Now, remember moments in your life, recent or past, that caused you to have these feelings. Write them down. Maybe they aren't specific instances but just general things that happen that can trigger these emotions for you. Whenever you've completed your first section. Take a moment and then move on to the next triggers section. (Take note ventral vagal is not a triggers section it is a Glimmers section). Complete the next section the same way. Start with your headline and move on to the events or moments that brought you there.

Step three:

Moving on to the ventral vagal section. Again feel free to refer to your Personal Profile Map for a better idea of the state of being. Ventral Vagal is that state of safety and assurance. Start by choosing your headline or word that encompasses this state of being for you. Then move to writing down the experiences that bring about this feeling

