

POLYVAGAL REPAIR OS

Sourced from *Difficult Conversations, Ch. 2*

POLYVAGAL REPAIR · 5 STEPS

Porges · DC Playbook Ch. 2

01 · NOTICE THE SHIFT

Where are you on the ladder? Where are they?

Sympathetic = mobilized. Dorsal = shutdown. Don't press in either.

02 · REGULATE YOUR BODY FIRST

Three slow exhales. Drop shoulders. Soften jaw + eyes. Open hands.

Body cues land in their neuroception in seconds.

03 · PROJECT SAFETY — TONE + EYES

Slower speech. Lower pitch. Prosodic range. Soft eyes.

Genuine, not performed.

04 · NAME + OFFER PAUSE

"I think we're both pretty activated. Want to take five?"

Pause is a tool, not a defeat.

05 · RECONNECT FIRST

"We're on the same side here." Then return to substance.

Relatedness signal opens the door back to ventral.

THE HUMAN FREQUENCY · FIND COMMON GROUND

PRINT INSTRUCTIONS

Fold this card in half along the horizontal center for a wallet-sized version, or print on cardstock and laminate for the fridge or office wall.

READ THE FULL PAGE

thehumanfrequency.net/human-os/polyvagal-repair
For the mechanism, the protocol, and citations.