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POLYVAGAL GENDER MAP

**GENDER
EUPHORIA**

**GENDER
ACTIVATION**

**GENDER
DESpondENCE**



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POLYVAGAL GENDER MAP: TRIGGERS & GLIMMERS

**GENDER
EUPHORIA**

**GENDER
ACTIVATION**

**GENDER
DESpondENCE**

GLIMMERS

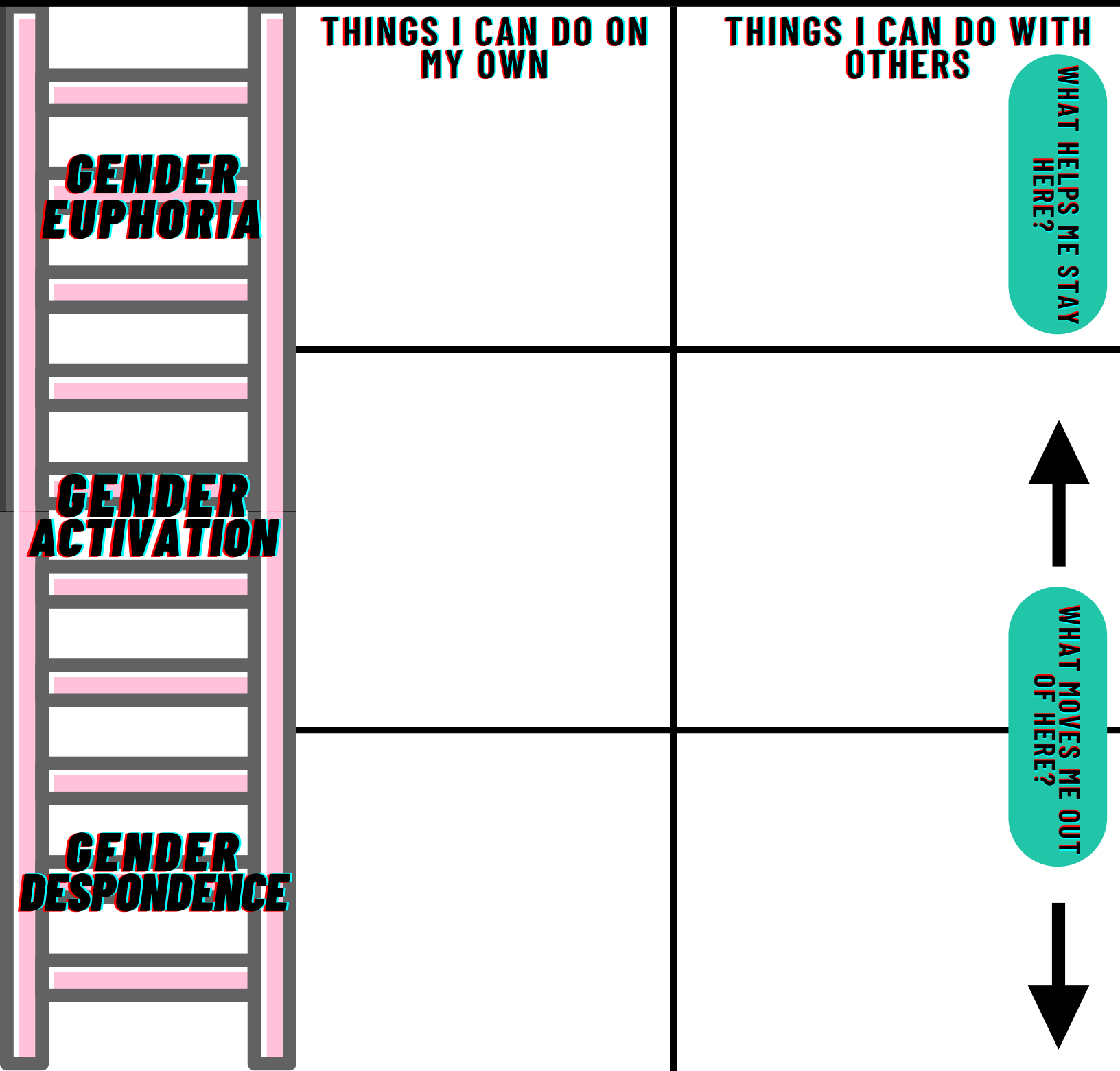


TRIGGERS





POLYVAGAL GENDER MAP: REGULATING RESOURCES





POLYVAGAL GENDER MAP

GENDER EUPHORIA

"I look good in [insert color, silhouette, clothing item, etc.]. It feels really good on my body."

"it feels so good to hold this gait of walking"

heart racing, breathing shallow and quick

felt sense of being watched, surveilled

hyperaware of body, way of walking, other's proximity to self, social cues of judgement

GENDER ACTIVATION

"did that person just give me a dirty look on the way to the bathroom? what are they going to do to me?"

"did they really fire me for being trans?"

heart racing, breathing shallow and quick

felt sense of being watched, surveilled

hyperaware of body, way of walking, other's proximity to self, social cues of judgement

GENDER DESpondENCE

"I'm never going to be seen the way I see myself"

"I'm always going to be in danger due to cissexism"

dissociated, out of body

lack of pleasure or interest in doing anything

fatigue, hard to get out of bed



POLYVAGAL GENDER MAP: TRIGGERS & GLIMMERS

GENDER EUPHORIA

glitter bow ties, leather skirts, linen pants
connecting with people with similar gender experiences
getting cruised
finding a gender-neutral bathroom

GLIMMERS

GENDER ACTIVATION

being asked to wear something that reminds me of childhood gendered expectations of me
getting sir'd or maam'd
someone staring at me a bit too long in public
needing to use a public restroom
someone asking about my body

TRIGGERS

GENDER DESPONDENCE

reading about another trans murder anniversary of a transphobic/cissexist incident
hurdles in getting gender affirming care
LGBTQIA+ spaces feeling inaccessible due to COVID





POLYVAGAL GENDER MAP: REGULATING RESOURCES

GENDER EUPHORIA

THINGS I CAN DO ON MY OWN

dress/use make up
walk and talk in ways
that make me feel
good
dance and move my
body

THINGS I CAN DO WITH OTHERS

go out with other
TGNC friends
post selfies that I feel
good in
ask for touch
talk about gender
with someone who
gets it

WHAT HELPS ME STAY
HERE?

GENDER ACTIVATION

deep, slow breathing
solo dance party to
my favorite TGNC
artist (release that
energy!)
repeating the
affirmation, "I'm the
femme [insert your
term] of my dreams"

have a partner or
friend hold my hands
and breathe with me
ask for eye contact
and reassurance
workout or dance
buddy
ask if a loved one is
available to listen to
me vent



WHAT MOVES ME OUT
OF HERE?

GENDER DESpondence

lion's breath or
pranayama breathing
reading a work that
deeply resonates or
inspires
a gentle movement
practice
laying out clothes that I
feel euphoric in and
imagining myself in
them

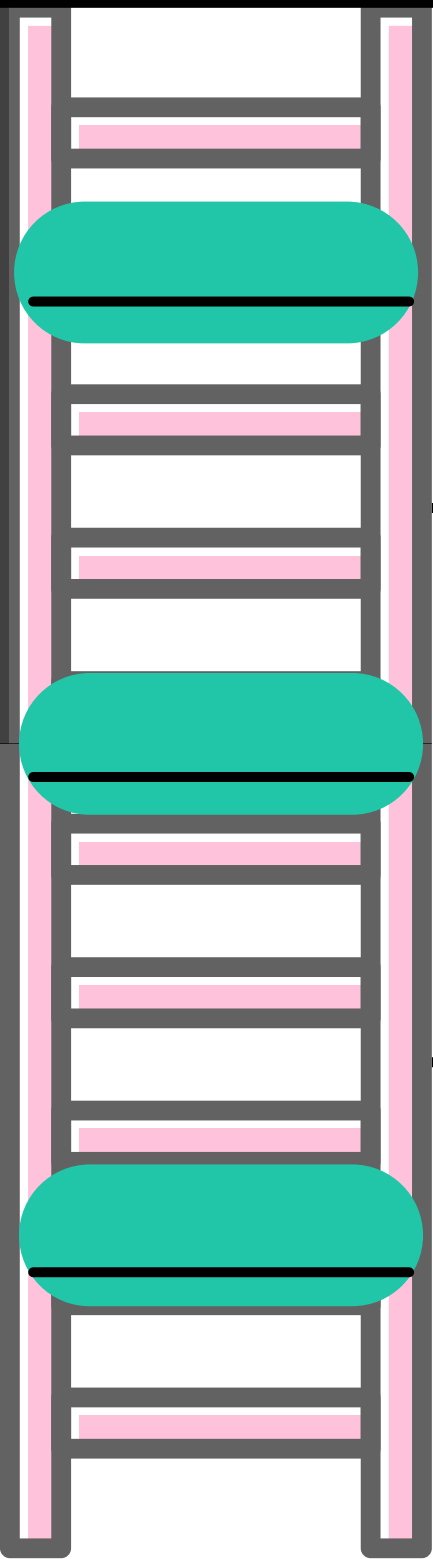
lay in nature (with or
without a friend - we
can totally coregulate
with nature!)
go to the local LGBTQ
center and just
observe
ask if a loved one can
hold me while I cry





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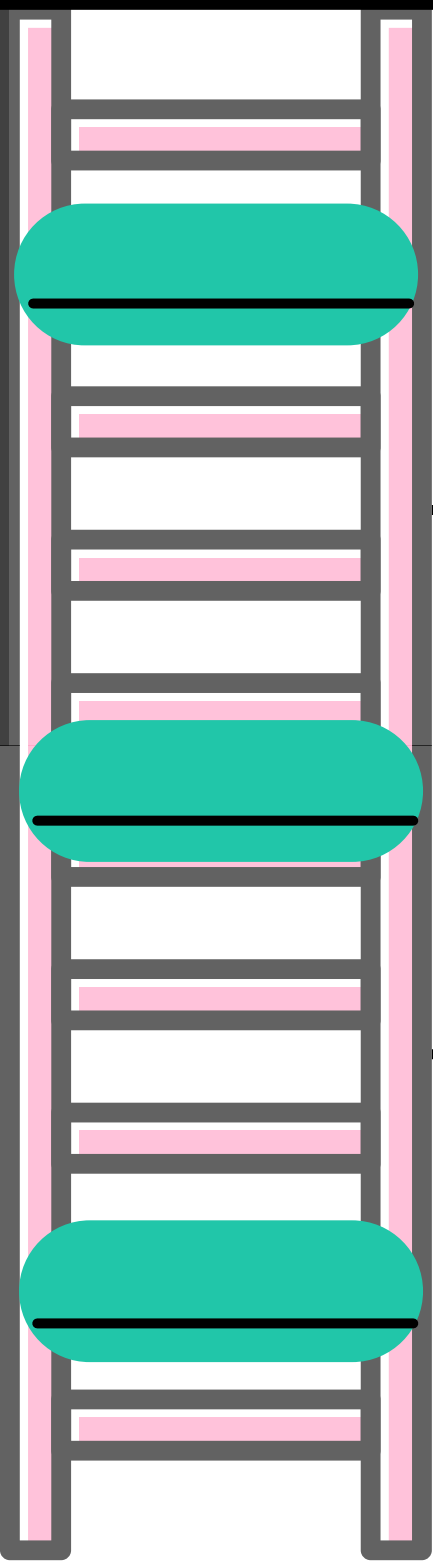
POLYVAGAL GENDER MAP





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POLYVAGAL GENDER MAP: TRIGGERS & GLIMMERS



GLIMMERS



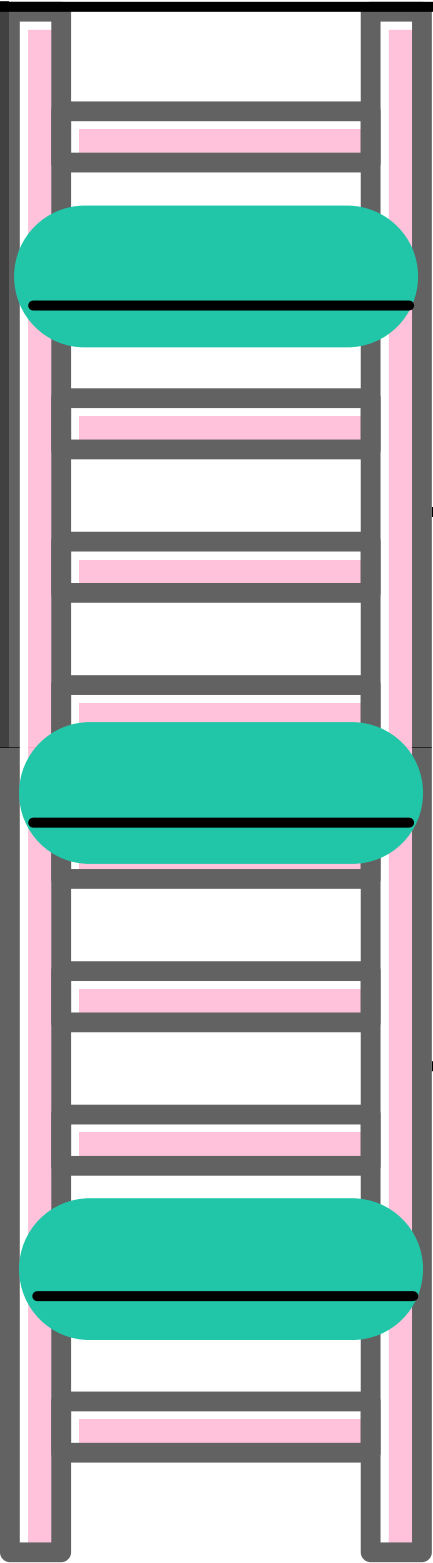
TRIGGERS





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POLYVAGAL GENDER MAP: REGULATING RESOURCES



**THINGS I CAN DO ON
MY OWN**

**THINGS I CAN DO WITH
OTHERS**

**WHAT HELPS ME STAY
HERE?**

**WHAT MOVES ME OUT
OF HERE?**

