

# Neuroception

## Detection without Awareness

This intent listening happens below the thinking parts of our brain and away from our conscious control.

The autonomic nervous system responds to cues of safety, danger, and life-threat from:

- **inside** our bodies
- **outside** in environment around us
- in the relationships **between** us and others

Hierarchy of Response

Parasympathetic Nervous System  
Ventral Vagus

⋮

system of safety and connection  
health, growth, restoration  
individual and interactive regulation  
social engagement

Sympathetic Nervous System

⋮

system of mobilization  
adaptive protection through action  
aggression or active escape

Parasympathetic Nervous System  
Dorsal Vagus

system of immobilization

adaptive protection through “disappearing”  
conservation of energy and resources