WINDOW OF TOLERANCE - TRAUMA/ANXIETY RELATED RESPONSES:
Widening the Comfort Zone for Increased Flexibility

HYPER-AROUNDED

Fight/Flight Response

HYPO-AROUNDED

Freeze Response

CAUSES TO GO OUT OF THE WINDOW OF TOLERANCE:
- Fear of...
  Unconscious Thought & Bodily Feeling: Control, Unsafe, I do not exist, Abandonment, Rejection
- Trauma-Related Core Beliefs about self are triggered:
  Emotional & Physiological Dysregulation occurs

TO STAY IN THE WINDOW OF TOLERANCE:
- Mindfulness—Being Present, in Here-n-Now
- Grounding Exercises
- Techniques for Self-Soothing, Calming the Body & Emotional Regulation
- Deep, Slow Breathing
- Recognize Limiting Beliefs, Counter with Positive Statements About Self, New Choices

COMFORT ZONE

Emotionally Regulated

ABILTY TO SELF-SOOTHE

ABILTY TO REGULATE EMOTIONAL STATE

Calm, Cool, Collected, Connected

Staying within the window allows for better relationship interactions

- DISCONNECTED
- AUTO PILOT
- NO DISPLAY OF EMOTIONS/FLAT
- SEPARATION FROM SELF, FEELINGS & EMOTIONS

- FANE DEATH RESPONSE
- DISSOCIATION
- NOT PRESENT
- UNAVAILABLE/SHUT DOWN
- MEMORY LOSS

- ANXIETY
- OVERWHELMED
- CHAOTIC RESPONSES
- OUTBURSTS (EMOTIONAL OR AGGRESSIVE)
- ANGER/AGGRESSION/RAGE

- RIGIDNESS
- OBSESSIVE-COMPULSIVE BEHAVIOR OR THOUGHTS
- OVER-EATING/RESTRICTING
- ADDICTIONS
- IMPULSIVITY