

WINDOW OF TOLERANCE- TRAUMA/ANXIETY RELATED RESPONSES:

Widening the Comfort Zone for Increased Flexibility

HYPER- AROUSED

Fight/Flight Response

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

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

Widening the window for psychological flexibility

COMFORT ZONE
EMOTIONALLY REGULATED

Calm, Cool, Collected, Connected

ABILITY TO SELF-SOOTH
ABILITY TO REGULATE EMOTIONAL STATE

Staying within the window allows for better relationship interactions

CAUSES TO GO OUT OF THE WINDOW OF TOLERANCE:

- ◆ Fear of ... Unconscious Thought/ Feeling: It is unsafe, I do not exist, Abandonment, Rejection
- ◆ Trauma-Related Core Beliefs about self are triggered: Emotional Disregulation occurs

TO STAY IN THE WINDOW:

- ◆ Mindfulness—being present, in here-n-now
- ◆ Techniques for self-soothing, calming the body & emotional regulation
- ◆ Deep, slow breathing
- ◆ Recognize limiting beliefs, counter with positive statements about self, new choices

Freeze Response

HYPO-AROUSSED

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

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