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

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

HYPER- AROUSED

Fight/Flight Response

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

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

Widening the window for psychological flexibility

COMFORT ZONE
EMOTIONALLY REGULATED

Calm, Cool, Collected, Connected

ABILITY TO SELF-SOOTHE
ABILITY TO REGULATE EMOTIONAL STATE

Staying within the window allows for better relationship interactions

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**

Freeze Response

FANE DEATH RESPONSE

- ***DISSOCIATION**
- **◆NOT PRESENT**
- ***UNAVAILABLE/ SHUT DOWN**
 - *****MEMORY LOSS

HYPO-AROUSED

*DISCONNECTED

***AUTO PILOT**

◆NO DISPLAY OF EMOTIONS/ FLAT

*SEPARATION FROM SELF, FEELINGS & EMOTIONS