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

**HYPER-AROUSED**
- Anxiety
- Overwhelmed
- Chaotic Responses
- Outbursts (Emotional or Aggressive)
- Anger/Aggression/Rage

**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

**COMFORT ZONE**
Emotionally Regulated
Calm, Cool, Collected, Connected

**ABILITY TO SELF-SOOTHE**
Ability to regulate emotional state

**Freeze Response**
- Feign 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

Widening the window for psychological flexibility

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