

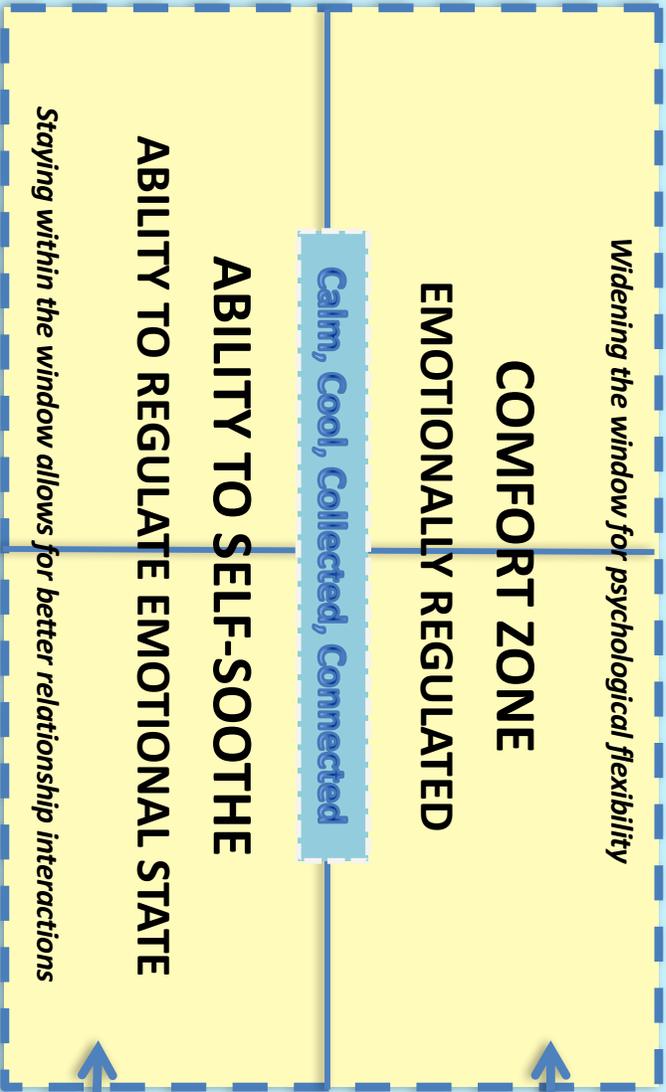
WINDOW OF TOLERANCE- TRAUMA/ANXIETY RELATED RESPONSES: Widening the Comfort Zone for Increased Flexibility

HYPER- AROUSED

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

Fight/Flight Response

- ◆ RIGIDNESS
- ◆ OBSSESSIVE-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

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

HYP0-AROUSED

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

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