Window of Tolerance

A Healthy Nervous System

arousal-activation

sympathetic

settle

parasympathetic

Normal Range
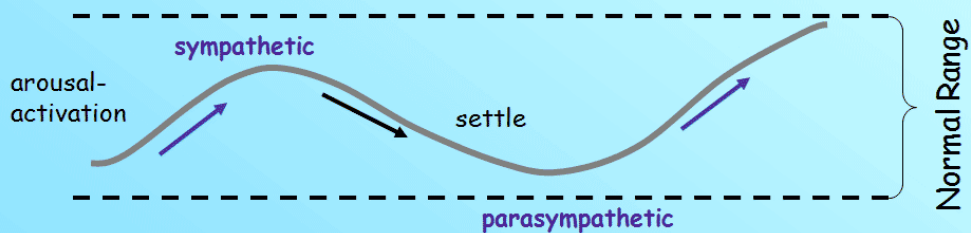
Symptoms of Un-Discharged Traumatic Stress

Traumatic Event

Stuck on "On"

Stuck on "Off"

Normal Range

Anxiety, Panic, Hyperactivity
Exaggerated Startle
Inability to relax, Restlessness
Hyper-vigilance, Digestive problems
Emotional flooding
Chronic pain, Sleeplessness
Hostility/rage

Depression, Flat affect
Lethargy, Deadness
Exhaustion, Chronic Fatigue
Disorientation
Disconnection, Dissociation
Complex syndromes, Pain
Low Blood Pressure
Poor digestion