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

*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

GN DEATH DESDONSE 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