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**

***FEIGN DEATH RESPONSE**

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

Freeze Response

HYPO-AROUSED

*AUTO PILOT

*NO DISPLAY OF EMOTIONS/ FLAT

*SEPARATION FROM SELF, FEELINGS

& EMOTIONS