

What is Your Window of Tolerance?

HYPERAROUSAL

Feeling:

- Extremely Anxious
- Out of Control
- Anger and Rage
- Fight or Run Away



HYPER-DYSREGULATION

Feeling:

- Anxious
- Revved Up
- Angry
- Agitated

Stress & Trauma

- Can Shrink Your Window
- Harder to Stay Calm
- Lose Focus
- Thrown Off Balance

Window of Tolerance

Feeling:

- Just Right
- Can Cope with Anything
- Calm (Not Tired)
- Alert (Not Anxious)

Work with Coach & Self

- Enlarge Your Window
- Keep Calm
- Stay Alert
- Maintain Balance

HYPO-DYSREGULATION

Feeling:

- A Shutdown
- Spacey
- Lose Track of Time
- Sluggish
- Not Yet Stuck, Not

HYPOAROUSAL

Feeling:

- Extremely Zoned Out
- Numb (Emotionally & Physically)
- Missing Time
- Frozen & Sunk
- Body Takes Over

