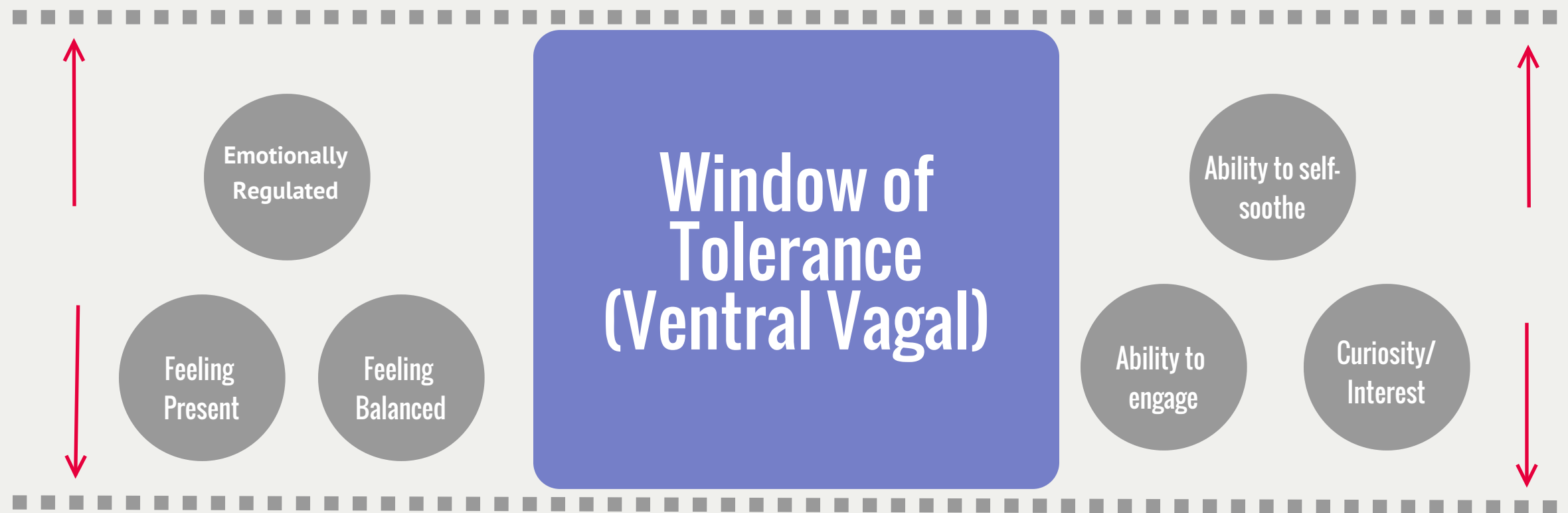


Window of Tolerance

<p>"All feeling, no function"</p> <ul style="list-style-type: none"> Anxiety Emotional Outburst Overwhelmed Anger/Rage Emotional Regression 	<p>HYPER-AROUSSED (Sympathetic) Fight/Flight/Freeze</p>	<ul style="list-style-type: none"> Rigidness Obsessive thoughts/behaviors Hypervigilance Disordered Eating Addiction Impulsivity
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What makes us go outside of our Window of Tolerance?

- Any perceived threat to safety/survival.
- Triggers
- Lack of control



What can we do to stay in our Window of Tolerance?

- Grounding Strategies
- Alerting Strategies
- Safe Support/Connection
- Removal of threat

<p>"All function, no feeling"</p> <ul style="list-style-type: none"> Dissociation Shutdown Memory Loss Disconnected 	<p>HYPO-AROUSSED (Dorsal Vagal) Collapse/Fawn</p>	<ul style="list-style-type: none"> Auto-pilot Flat Affect Attempts to please Emotional Regression "Checked out"
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