

The Window of Tolerance

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HYPER-AROUSSED

flight/fight reaction

overwhelmed, anxiety, somatic symptoms;
impulsivity, outbursts, chaotic and extreme reactions; anger, aggression, rage

edge of the window of tolerance

COMFORT ZONE

emotional self-regulation

capacity for being present in here-&-now;
ability for self-soothing or reaching out for support;
dynamic equilibrium / homeostasis

edge of the window of tolerance

HYPO-AROUSSED

freeze reaction

dissociation, numbness, apathy, memory loss; not present, unavailable, shutdown;
depressed, disconnected, autopilot

widening the window for
resilience and recovery

stay within
window

for safety and
soothing