## Window of Tolerance: Trauma/anxiety related responses

Widening the comfort zone for increased flexibility

<ul> <li>Anxiety</li> <li>Overwhelm</li> <li>Chaotic responses</li> <li>Outbursts (emotional or aggressive)</li> <li>Anger/aggression/rage</li> </ul>		<ul> <li>Rigidness</li> <li>Obsessive/compulsive behaviour or thoughts</li> <li>Over-eating or restricting</li> <li>Addictions</li> <li>Impulsivity</li> </ul>
<ul> <li>CAUSES OF LEAVING WINDOW</li> <li>Unconscious thought/feeling: It is unsafe; I do not exist; I've been abandoned/rejected, etc</li> <li>Trauma-related core beliefs about self triggered: I am bad; I am worthless; I am unlovable, etc.</li> </ul>	Window of Tolerance: Comfort zone Able to self-soothe Able to regulate emotional state Able to interact positively with others Calm, cool, collected, connected	<ul> <li>in here and now</li> <li>Self-soothing techniques</li> <li>Physiological regulation techniques, such as deep, slow breathing</li> </ul>
<ul> <li>Death feigning</li> <li>Dissociation</li> <li>Not present</li> <li>Unavailable/shutdown</li> <li>Confusion or memory lease</li> </ul>	<b>Hypo-aroused</b> Freeze response	<ul> <li>Disconnected</li> <li>Auto-pilot</li> <li>Lack of affect/flat</li> <li>Separation from self, feelings and emotions</li> </ul>

Adapted from: Dezelic MS, Ghanoum G (2016). *Trauma Treatment: Healing the Whole Person.* Miami: Presence Press International.