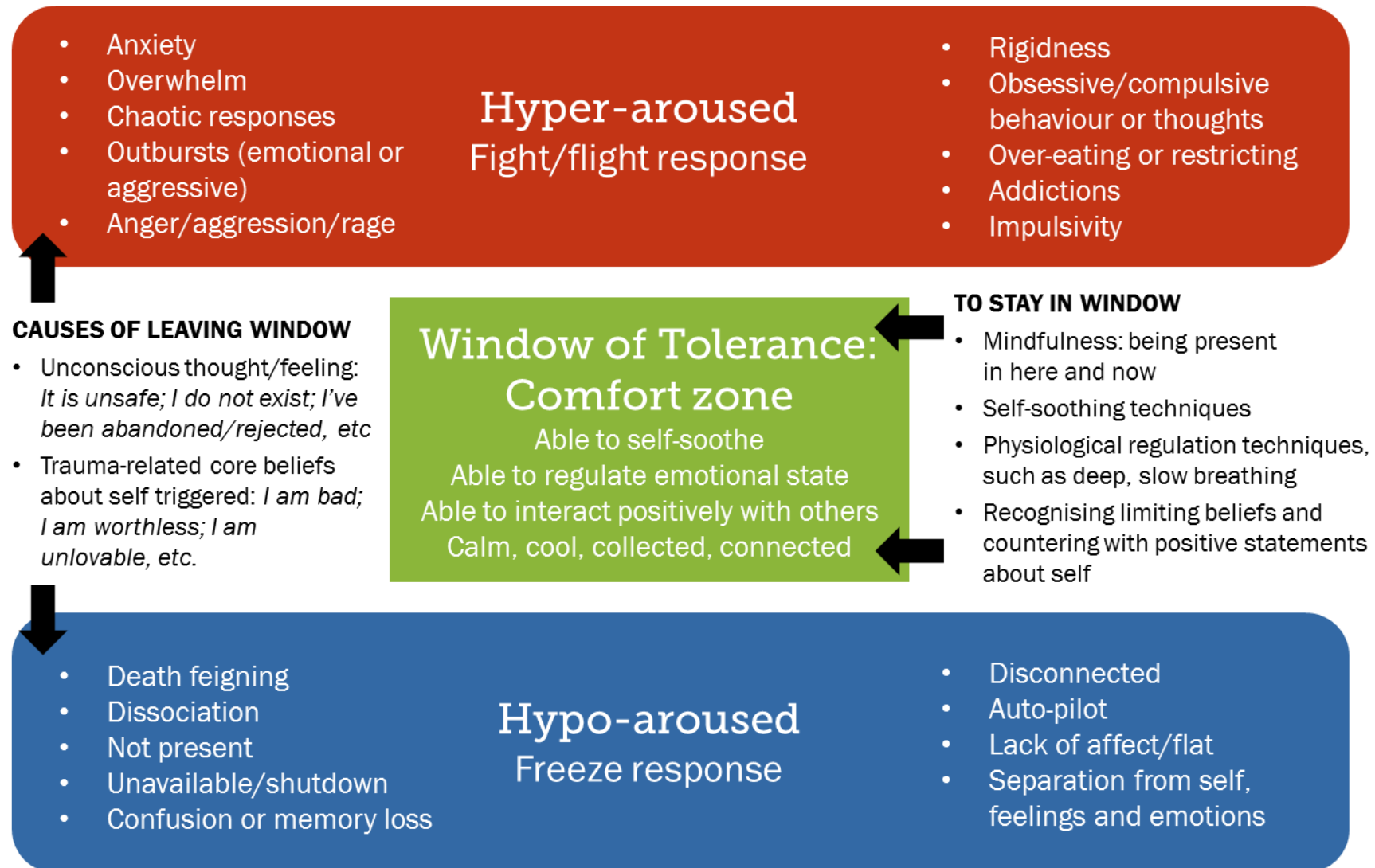


# Window of Tolerance: Trauma/anxiety related responses

Widening the comfort zone for increased flexibility



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