trigger points & anchor points

a tool for understanding how you move through your window of tolerance

Hyper-Arousal

Fight or Flight

Window of Tolerance

Comfort Zone

Hypo-Arousal

Freeze or Fawn

Trigger Points: the things that push us towards or outside the limits of our window of tolerance.
Ask: What stress you out? What makes you angry or anxious? What makes you shut down?

Anchor Points: the things that ground us inside our comfort zone.
Ask: What grounds you? What centers your focus? What reminds you of your agency? What reminds you of your support system?

Guiding Principle: being honest with ourselves with compassion and without judgment gives us the full freedom and agency we need to advocate for ourselves.

adapted from Dr. Marie Dezelic & Across Frontlines