window of tolerance

a tool for understanding your comfort zone & how you instinctively respond to your surroundings

Comfort Zone

Hyper-Arousal

Fight or Flight Response

anxiety
overwhelm
anger or rage
impulsive decisions
aggressive outbursts
compulsive behavior

Hypo-Arousal

Freeze or Fawn Response
dissociation
shutting down
no emotion
memory loss
inability to process
autopilot

calm, cool, collected,
& connected

Grounded aware & present in control able to self-soothe regulated emotions practicing mindfulness

adapted from Dr. Marie Dezelic & Across Frontlines