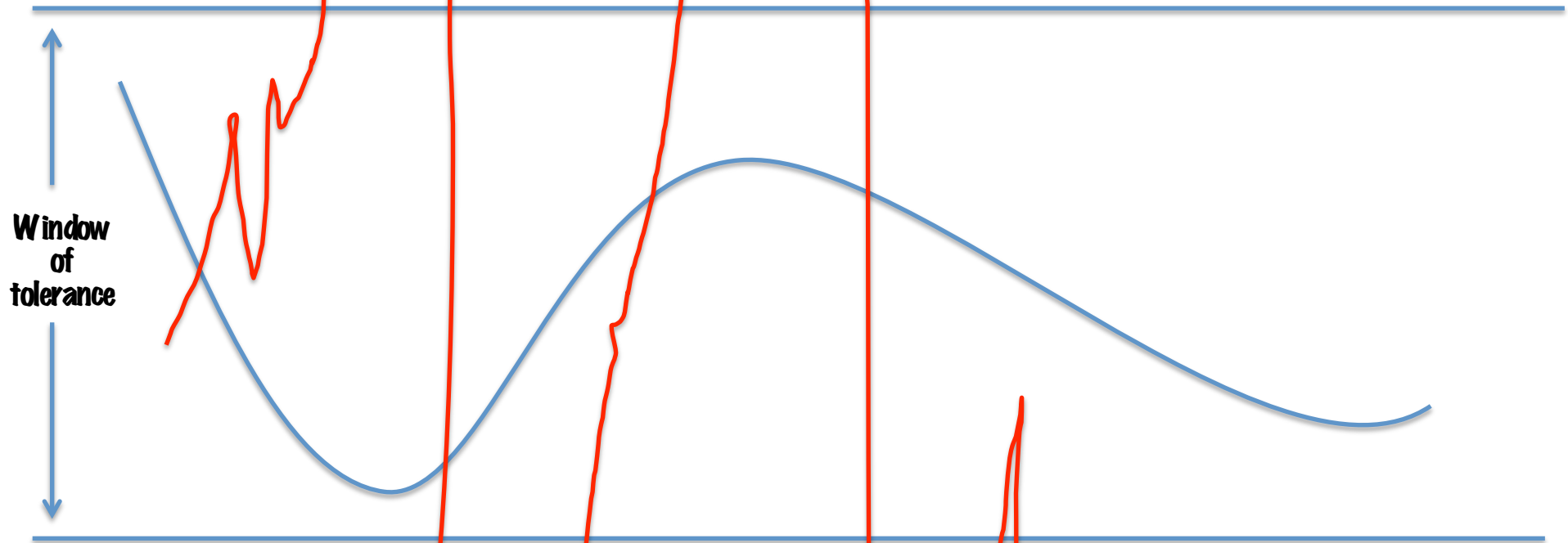


WINDOW OF TOLERANCE

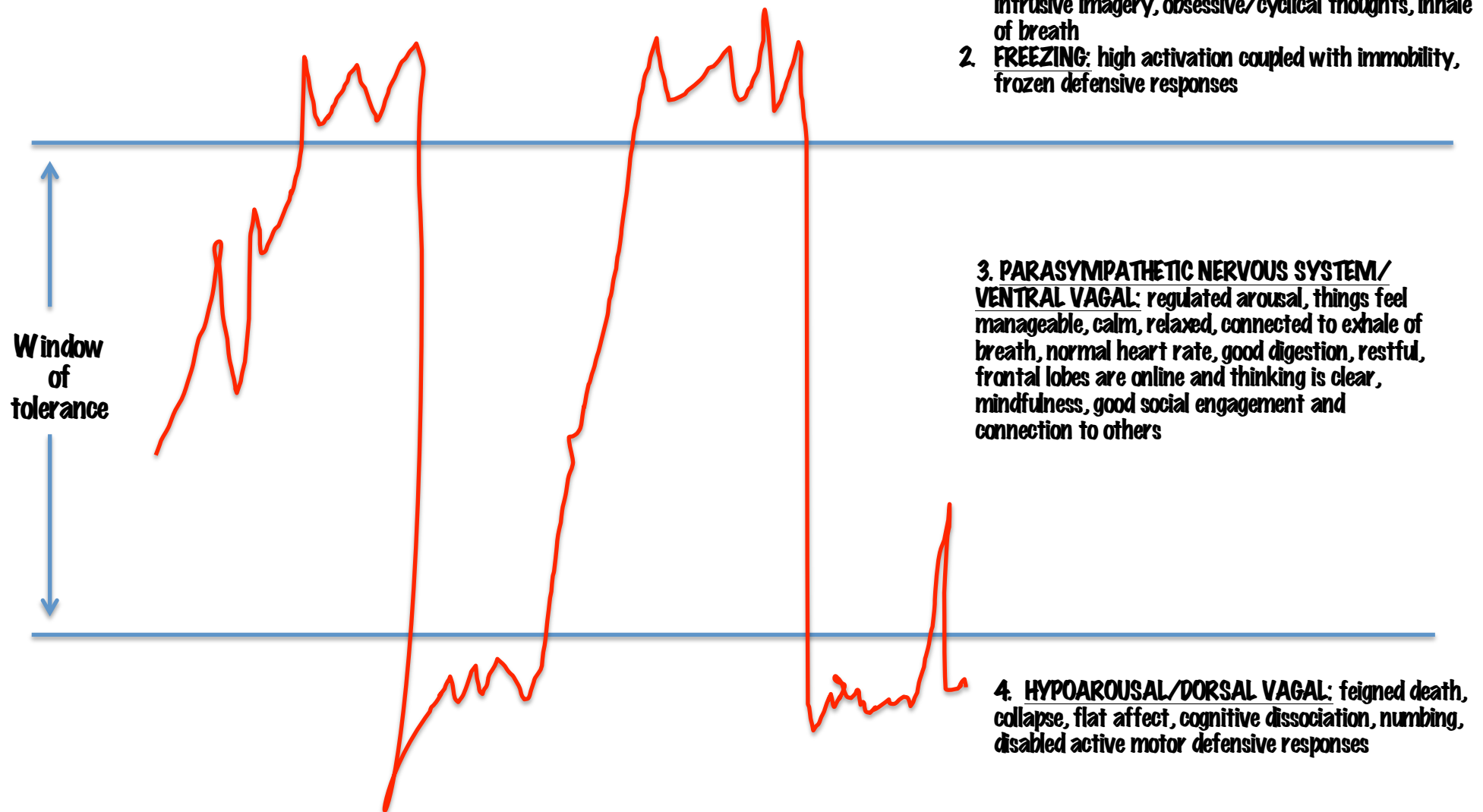
HYPERAROUSAL: activation exceeds the capacity to integrate. Feels like high stress, panic, overwhelm, fast heart rate, not able to think clearly, and other Sympathetic Nervous System activation



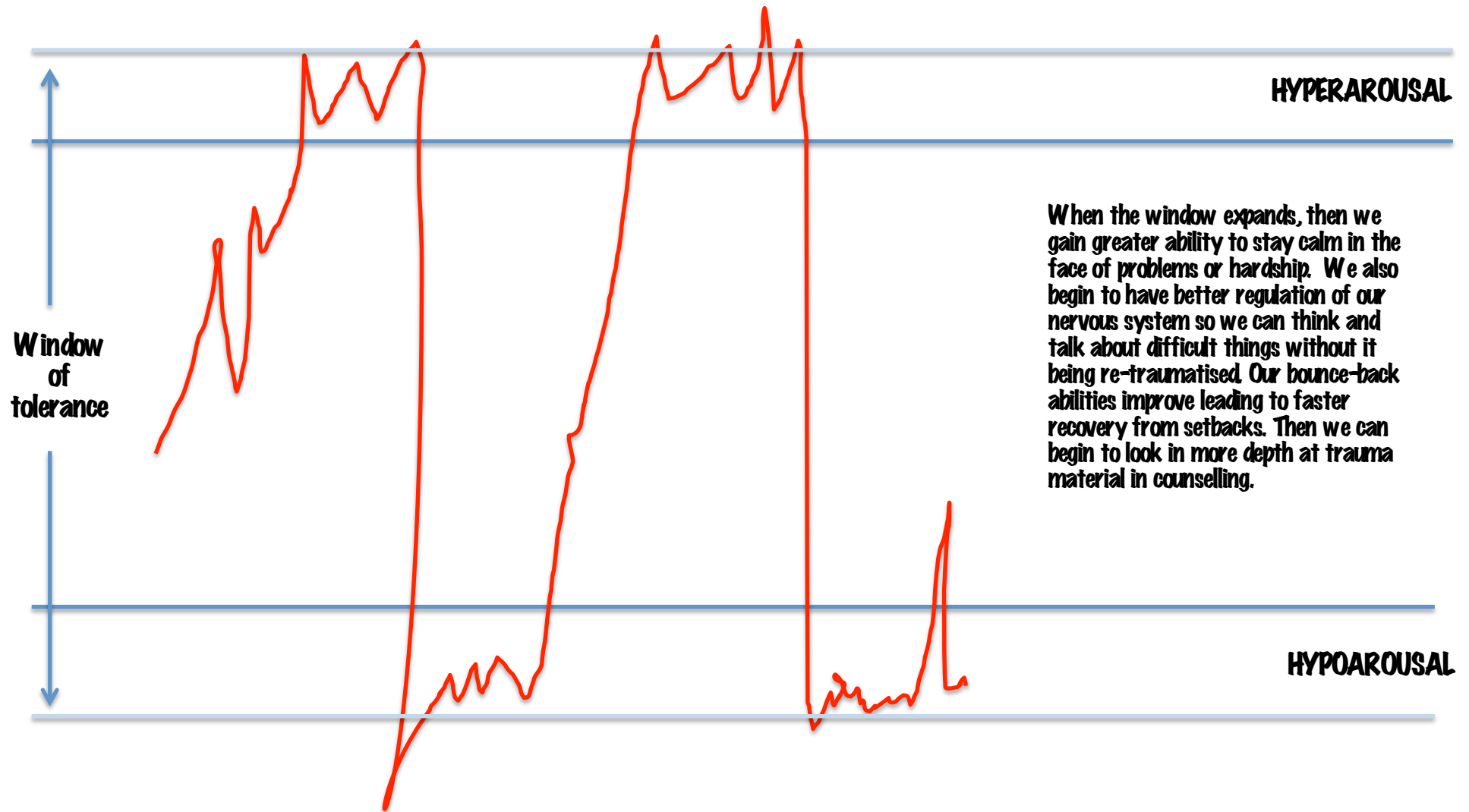
HYPOAROUSAL: insufficient activation to integrate material. Feels like flat affect, numb, mind slow and disconnected, hard to feel body sensations, cold and other Dorsal Vagal activation signs like limp muscles, no tone, breathing suppressed

- Regulated arousal
- Dysregulated activation = trauma

WINDOW OF TOLERANCE



TRAUMA THERAPY FIRSTLY WORKS TO EXPAND THE WINDOW OF TOLERANCE



Sheri Zala (2011) ©
Adapted from Pat Ogden & Minton
(2000) & Dan Siegel (1999)