Trigger Points & Anchor Points

A tool for understanding how you move through your window of tolerance.

Hyper-Arousal

Window of Tolerance

Hypo-Arousal

Fight or Flight

Comfort Zone

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