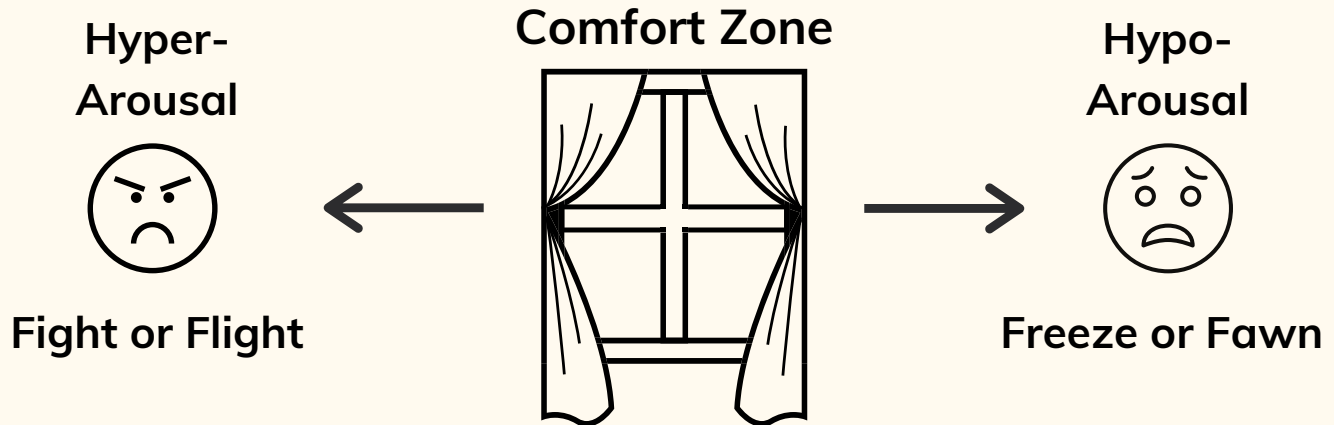


activation points & anchor points



a tool for understanding how, when, & why you move through your window of tolerance



Activation 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?

Being honest with ourselves with compassion & without judgment gives us the information & agency we need to advocate for our safety.

adapted from Dr. Marie Dezelic & Across Frontlines