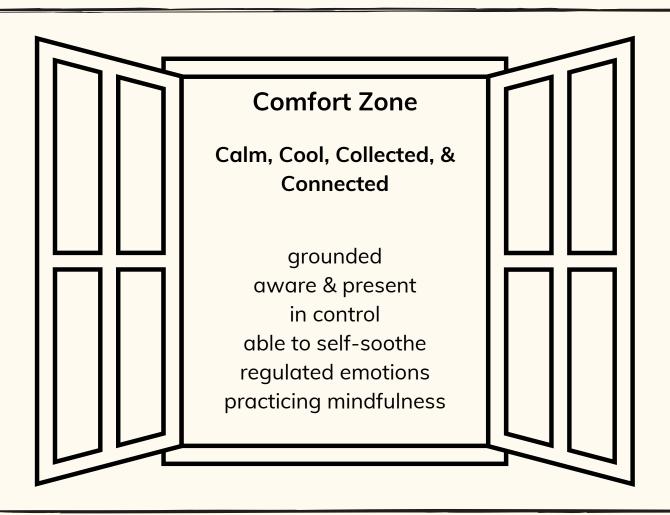
window of tolerance



a tool for understanding how you recognize & respond to your surroundings

Hyper-Arousal: Fight or Flight Response

anxiety | overwhelm | anger or rage | impulsive decisions aggressive outbursts | compulsive behavior



Hypo-Arousal: Freeze or Fawn Response

no emotion | memory loss | inability to process people pleasing | shutting down | autopilot