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

Hyper-Arousals: Fight or Flight Response
- anxiety | overwhelm | anger or rage | impulsive decisions
- aggressive outbursts | compulsive behavior

Comfort Zone
- Calm, Cool, Collected, & Connected
  - grounded
  - aware & present
  - in control
  - able to self-soothe
  - regulated emotions
  - practicing mindfulness

Hypo-Arousals: Freeze or Fawn Response
- no emotion | memory loss | inability to process
- people pleasing | shutting down | autopilot

adapted from Dr. Marie Dezelic & Across Frontlines