

# 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

**adapted from Dr. Marie Dezelic & Across Frontlines**