

Window of Tolerance

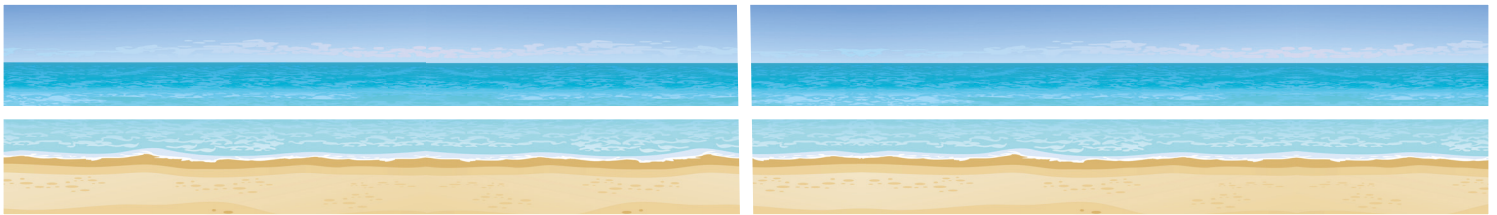
Hyperarousal

Feeling very anxious, angry or out of control you might fight or flight (run), hit, scream, shout, bite, spit, say hurtful things, have a fast heart rate, not hungry, tummy ache, feel sweaty and shake.

Dysregulation

Beginning to feel uncomfortable.
You might feel anxious or angry.

Window of Tolerance



A place of calmness and alertness where you can love, learn and relax.

Dysregulation

When you are beginning to feel uncomfortable, as though you are shutting down. You might notice or feel sluggish, spacey, lose track of time. Feel in control and not comfortable

Hypoarousal

Feeling numb, system has shut down. You might feel dead inside, feel nothing, empty, cannot think or connect, frozen. Your heart might be going fast, not hungry, sweaty, tummy ache and/ or hypervigilant.