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WINDOW OF TOLERANCE- TRAUMA/ANXIETY RELATED RESPONSES: Widening the Comfort Zone for Increased Flexibility

◆ANXIETY

◆OVERWHELMED

◆CHAOTIC RESPONSES

◆OUTBURSTS (EMOTIONAL OR AGGRESSIVE)

◆ANGER/ AGGRESSION/ RAGE

- **HYPER- AROUSED**
- Fight/Flight Response
- ◆RIGIDIDNESS

 ◆OBSESSIVE-COMPULSIVE
 BEHAVIOR OR THOUGHTS

 ◆OVER-EATING/RESTRICTING
 - *****ADDICTIONS
 - ***IMPULSIVITY**

CAUSES TO GO OUT OF THE WINDOW OF TOLERANCE:

◆Fear of ...

Unconscious Thought/ Feeling:

It is unsafe, I do not exist, Abandonment, Rejection

◆Trauma-Related Core Beliefs about self are triggered:

Emotional Disregulation occurs

Widening the window for psychological flexibility

COMFORT ZONE EMOTIONALLY REGULATED

Calm, Cool, Collected, Connected

ABILITY TO SELF-SOOTH ABILITY TO REGULATE EMOTIONAL STATE

Staying within the window allows for better relationship interactions

TO STAY IN THE WINDOW:

- Mindfulness—being present, in here-n-nowTechniques for self-
- Techniques for selfsoothing, calming the body & emotional regulation
- ◆Deep, slow breathing
- ◆Recognize limiting beliefs, counter with positive statements about self, new choices

Freeze Response

- ***FANE DEATH RESPONSE**
 - ***DISSOCIATION**
 - **◆NOT PRESENT**
- ***UNAVAILABLE/ SHUT DOWN**
 - **◆MEMORY LOSS**

HYPO-AROUSED

*DISCONNECTED

*AUTO PILOT

*NO DISPLAY OF EMOTIONS/ FLAT

*SEPARATION FROM SELF,
FEELINGS & EMOTIONS