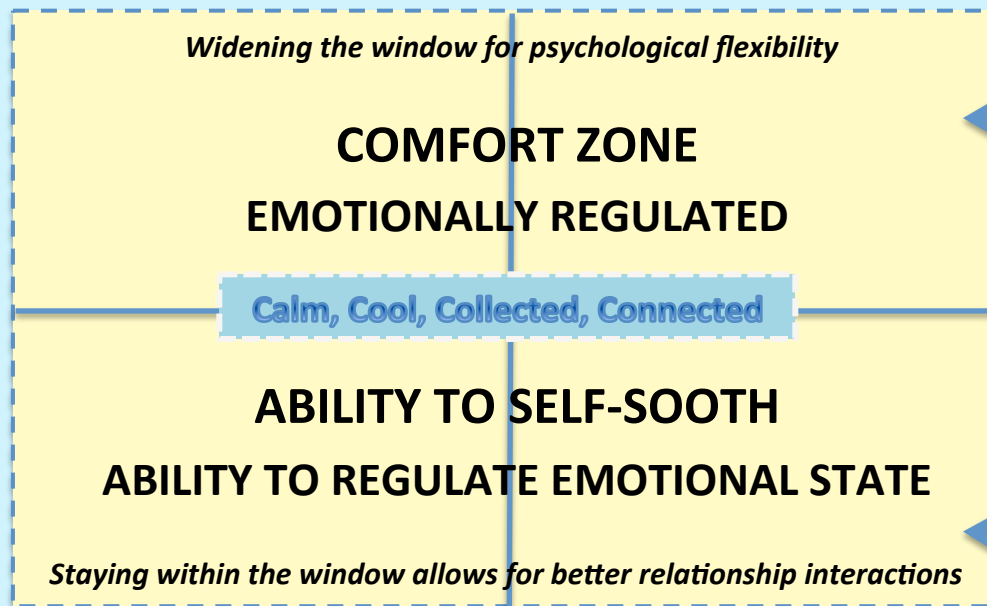


WINDOW OF TOLERANCE- TRAUMA/ANXIETY RELATED RESPONSES: *Widening the Comfort Zone for Increased Flexibility*



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



TO STAY IN THE WINDOW:

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

