



Window of TOLERANCE

This concept, of Polyvagal Theory, is helpful to understand the difference between feeling triggered versus psychological flexibility.

Anxiety Overwhelmed Anger

Over-eating/Restricting

HYPER-AROUSED

Fight/Flight Response

Rigidness Outburst Addiction Impulsivity

Lack of Control &
Safety
Trauma Triggers Emotional/
Physiological
Dysregulation

COMFORT ZONE

Calm, Cool, Collected, Connected

Mindfulness
Grounding
Self-Soothing
Emotional Exploration

Dissociation
Not Present
Shut Down
Memory Loss

HYPO-AROUSED

Freeze Response

Disconnected
Autopilot
Flat
Separation from
self

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