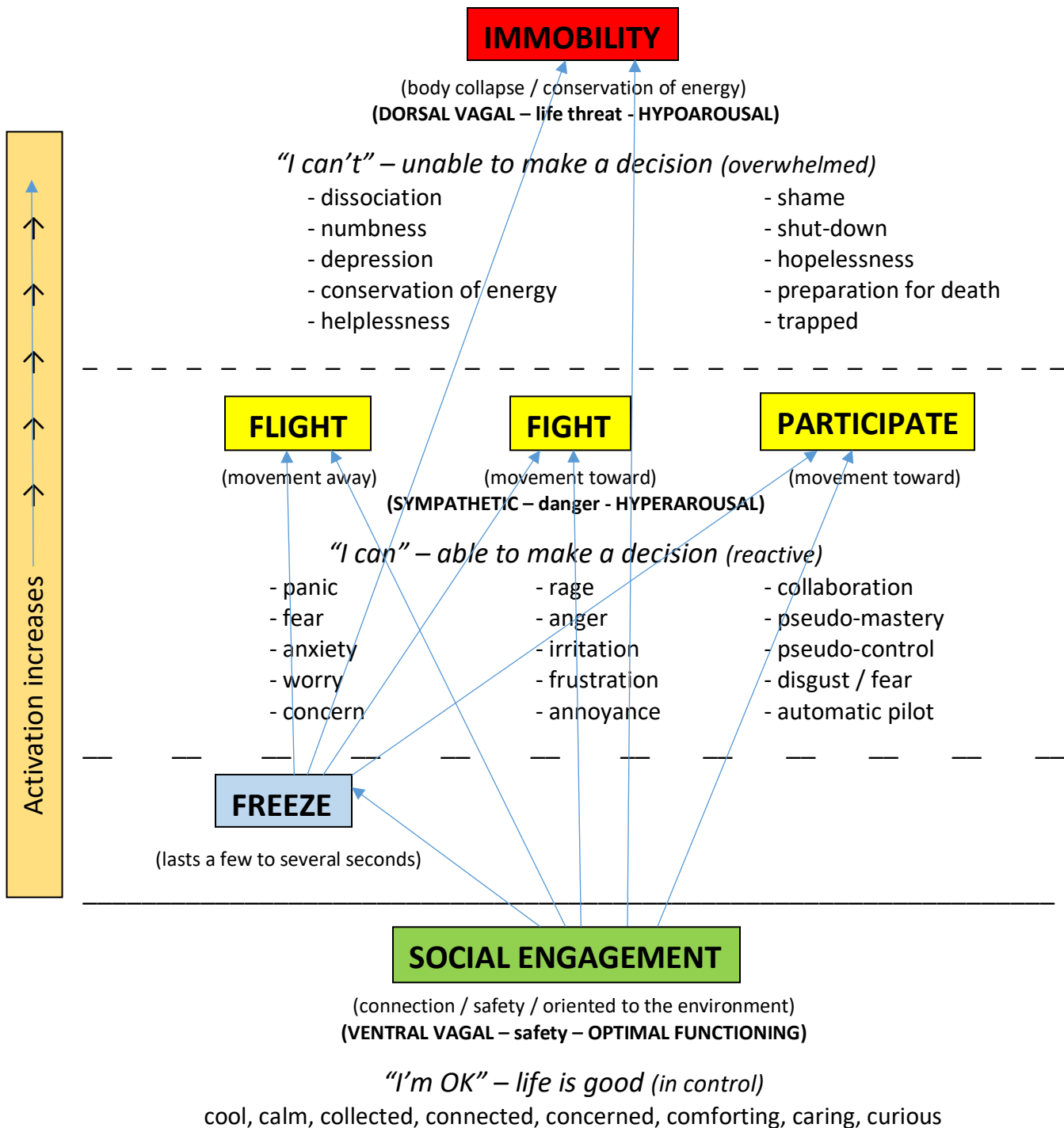


Window of Tolerance / Polyvagal Chart



Adaptation: Ashkan Rahmani, BSc, MSc, MSW and Luc Dumouchel, BPsy, MA, RP (2018)

Sources: Ruby Jo Walker, LCSW, SEP, CHT

Cheryl Sanders, Anthony “Twig” Wheeler and Steven Porges