

THE WINDOW OF TOLERANCE

[OUTSIDE of the Window of Tolerance]



When here, the person is **over stimulated** (or “hyper aroused”) and feels **threatened**, rage, anger, panicked, afraid, on automatic pilot, may be able to participate/collaborate with abuser.



– IN REACTION (fight/flight) : “ I can ! ” –



INSIDE of the Window of Tolerance



When here, the person is **adequately stimulated** (or “aroused”) and feels **safe**, centered, cool, calm, collected, connected, contained.

– IN CONTROL (feel free) : “ I’m OK ” –



[OUTSIDE of the WINDOW OF TOLERANCE]



When here, the person is **under stimulated** (or “hypo aroused”) and feels **threatened**, helpless, dissociated, numb, shutting down, trapped.

– OVERWHELMED / SHUT DOWN / NUMB (“freeze”/faint) : “ I can’t ” –

