

Knowing Your Window of Tolerance

WINDOW OF TOLERANCE (OGDEN, ET AL. (2006); SIEGEL, 1999)

If you feel like you have moved out of your Window of Tolerance:

- Open your eyes
- Stand up, feel your feet on the ground
- Walk around, attending to your feet on the floor
- Take slow, in-breaths, with longer exhales
- Drink a glass of water or make tea
- Wrap yourself in a blanket
- Splash water on your face and hands or hold ice in each hand
- Reach out to a trusted person
- Name five things you can see, hear, and feel (physically); describe them in as much detail as possible



FIGHT OR FLIGHT

- Experiencing the urge to flee or leave immediately
- Experiencing overwhelming images, memories, anxiety or worries
- Unable to learn and take in new information



WINDOW OF TOLERANCE

- Able to safely be with and explore your experience, even when it is uncomfortable or unpleasant
- Able to learn and take in new information; from self & others



FREEZE MODE

- Feeling numb or disconnected
- Feeling out of tune with thoughts, emotions, and physical sensations
- Unable to learn and take in new information



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