

Window of Tolerance

Panic
Feeling overwhelmed
Can't think clearly
Emotional reactivity
Hyper-vigilance
Intrusive imagery
Tension and rapid breathing
Increased response to sensation; startle
Increased heart rate

Hyper-Arousal

"Faux WoT"

Window of Tolerance
Optimal Arousal Zone
Workable range of resiliency

"Faux WoT"

Hypo-Arousal

Decreased heart rate
Relative absence of awareness of sensation
Numbing of emotions
Disabled cognitive processing
Reduced physical movement
Difficulty tracking conversation in the moment
Poor contact
Disengagement from self and others