

# How Trauma Can Affect Your Window of Tolerance



## HYPERAROUSAL

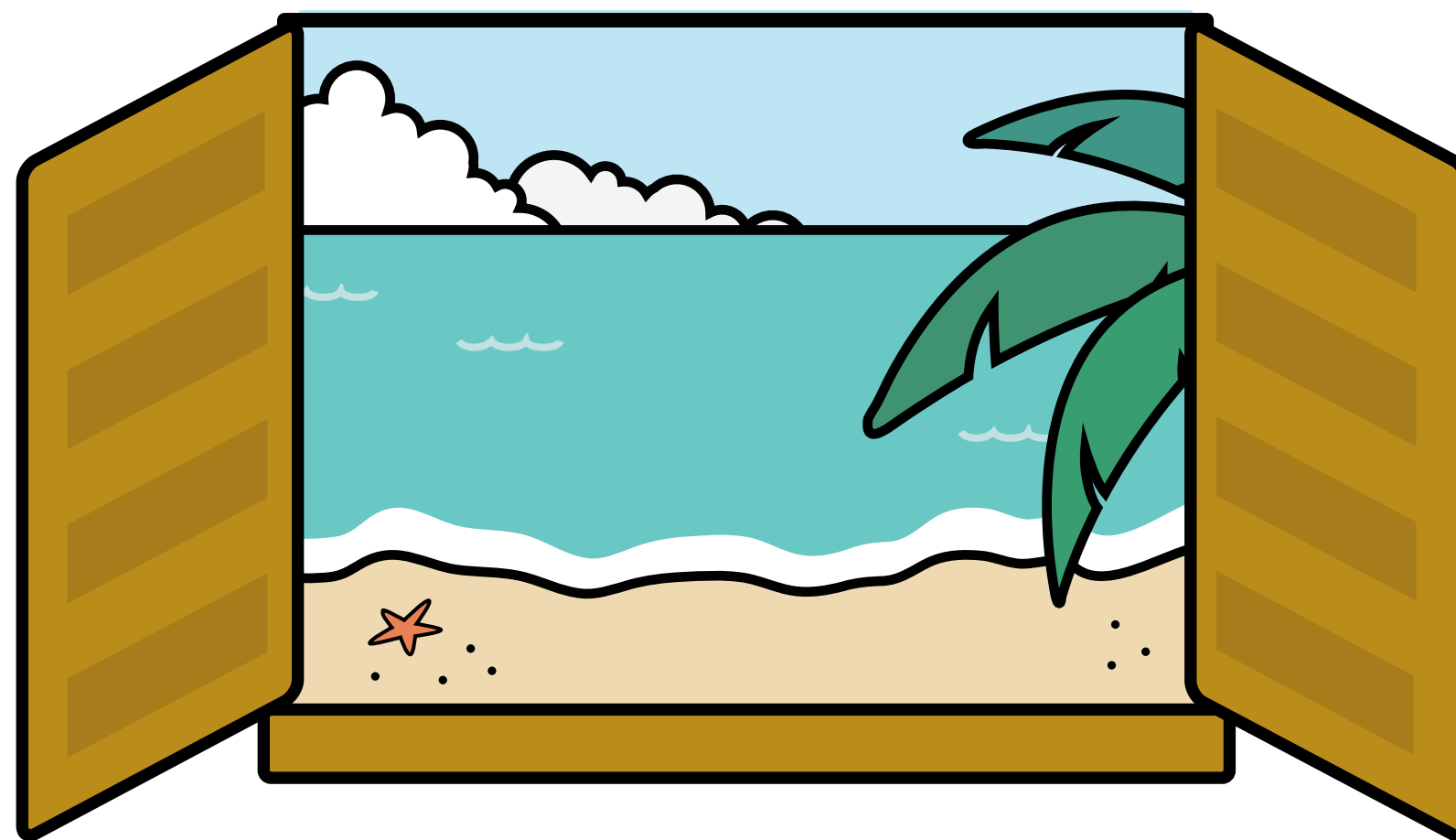
This is when you feel extremely anxious, angry, or even out of control. Unfamiliar or threatening feelings can overwhelm you, and you might want to fight or run away.

## DYSREGULATION

This is when you begin to feel agitated. You may feel anxious, revved up, or angry. You don't feel out of control, but you also don't feel comfortable.

## WINDOW OF TOLERANCE

This is where things feel just right, where you are best able to cope with the punches life throws at you. You're calm but not tired. You're alert but not anxious.



## DYSREGULATION

This is when you begin to feel like you're shutting down. You may feel a little spacy, lose track of time, or start to feel sluggish. You don't feel out of control, but you also don't feel comfortable.

## HYPOAROUSAL

This is when you feel extremely zoned out and numb, both emotionally and physically. Time can go missing. It might feel like you're completely frozen. It's not something you choose – your body takes over.

**Stress and Trauma Can Shrink Your Window of Tolerance.**

This means that it may be harder to stay calm and focused. When you're outside your window of tolerance, you may be more easily thrown off balance.

**Your Work with Your Practitioner Can Help to Enlarge Your Window of Tolerance.**

They can help you stay calm, focused, and alert even when something happens that would usually throw you off balance.

