Your Window of Tolerance/ Optimal Arousal Zone

Hyperarousal - Flight/Fight/Freeze
E.g., Overwhelmed, anxiety, anger, racing thoughts, outbursts

Hypoarousal - Collapse/Feign Death
E.g., numb, zoned out, flat, shut down, disconnected

People are triggered outside of their WoT (e.g., reminder of past trauma, feeling a loss of control, homophobia, being misgendered).

Can think & feel at the same time - calm, cool, collected, connected

Adapted from Siegel, 1999; Ogden et al., 2006.