

Window of Tolerance/Presence

Panic
Feeling overwhelmed
Hard to think clearly
Emotional reactivity
Hyper-vigilance
Intrusive thoughts and imagery
Faster speech
Anxiety
Constriction and Bracing
Tension and rapid breathing
Sweating
Increased response to sensation; startle
Increased heart rate

Hyper-Arousal

“Faux WoT”

Window of Presence

Optimal Arousal Zone to fully engage

Workable range of resiliency

“Faux WoT”

Hypo-Arousal

Decreased heart rate
Senses diminished
Feeling dulled
Lessening of awareness of sensations
Numbing of emotions
Difficult to focus or think clearly
Reduced physical movement
Difficulty tracking conversation in the moment
Poor contact
Disengagement from self and others
Feeling spacey