

# Window Of Tolerance



## Fight or Flight Mode

- 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

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



- Open your eyes
- Stand up, and 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
  - Name five things you can see, hear, and feel (physically); describe them in as much detail as possible
  - Splash water on your face and hands or hold ice in each hand
- Private message the facilitator to let them know you are outside your Window of Tolerance
- Re-join the practice when you feel ready.