

# “Window of Tolerance”



Hyper-Arousal Zone



Optimal Arousal Zone



Hypo-Arousal Zone

# Hyper-Arousal Zone

- Emotional reactivity
- Hypervigilance
- Psychomotor agitation
- Hyperactive defensiveness
- Flashbacks
- Intrusive images/emotions
- Obsessive cognitive activity

- Flat affect
- Tired/sleepy
- Decreased interest
- Numb
- Cognitively disabled
- Collapsed
- Disabled defensive responses





Hypo-Arousal Zone

After a trauma, the optimal zone will  
narrow,  
resulting in dysregulation

Goal: keep the client in the optimal

  zone for processing  
Optimal Arousal Zone - where Healing  
Takes Place

 (Multiple resources are required  
to help the client stay here) 

The system is readily triggered into extreme  
states

by reminders of the original events