How to Help

Marie S. Dezelic, PhO © 2013 WINDOW OF TOLERANCE- TRAUMA/ANXIETY RELATED RESPONSES: Widening the Comfort Zone for Increased Flexibility *ANXIETY *RIGIDNESS *OVERWHELMED *OBSESSIVE-COMPULSIVE HYPER- AROUSED CHAOTIC RESPONSES **BEHAVIOR OR THOUGHTS** OUTBURSTS (EMOTIONAL OR *OVER-EATING/RESTRICTING AGGRESSIVE) *ADDICTIONS Fight/Flight Response *ANGER/ AGGRESSION/ RAGE *IMPULSIVITY Widening the window for psychological flexibility CAUSES TO GO OUT TO STAY IN THE WINDOW OF THE WINDOW OF COMFORT ZONE OF TOLERANCE: TOLERANCE: Mindfulness—Being **EMOTIONALLY REGULATED** *Fear of ... Present, in Here-n-Now Unconscious Thought & Grounding Exercises Bodily Feeling: Control, *Techniques for Self-Calm, Cool, Collected, Connected Unsafe, I do not exist, Soothing, Calming the Body Abandonment, Rejection & Emotional Regulation *Trauma-Related Core *Deep, Slow Breathing ABILITY TO SELF-SOOTHE Beliefs about self are Recognize Limiting Beliefs, triggered: Counter with Positive ABILITY TO REGULATE EMOTIONAL STATE **Emotional & Physiological** Statements About Self, Dysregulation occurs **New Choices** Staying within the window allows for better relationship interactions Freeze Response ***FEIGN DEATH RESPONSE** *DISCONNECTED *DISSOCIATION *AUTO PILOT *NOT PRESENT *NO DISPLAY OF EMOTIONS/ FLAT **HYPO-AROUSED** *UNAVAILABLE/ SHUT DOWN *SEPARATION FROM SELF, FEELINGS ***MEMORY LOSS** & EMOTIONS