

Window of Tolerance

Somatic tracking in EMDR therapy

Window of Tolerance / Presence

Panic
Feeling overwhelmed; Anxiety
Hard to think clearly
Emotional Reactivity
Shaky
Hyper-vigilance
Intrusive imagery and thoughts
Faster speech; Dry mouth
Constriction and bracing
Tension and rapid breathing; Sweating
Shallow breaths
Increased startle response
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
Lessening of awareness of sensations
Numbing of emotions
Difficult to focus or think clearly
Glazed look; Flattened expressions
Reduced physical movement
Difficulty tracking conversation in the moment
Feeling out of touch
Disengagement from self and others
Feeling spacey