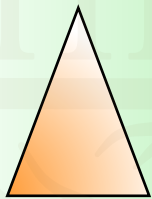


Hyper Arousal. (Fight/Flight)

- Too Much Arousal
- Tension. Shaking.
- Overwhelm. Impulsivity
- Defensiveness, Anger
- Racing Thoughts, Obsessive



Trauma
Reduces
Window



The Window of Tolerance

- Here and Now
- Aware of Boundaries
- Empathic
- React & Adapt to Situation
- Feelings Are Tolerable
- Feel Safe
- Feel Open



Safety
Expands
Window



- Immobilisation
- Absence of Sensation
- Numbing of Emotions, Disconnected
 - Reduced Physical Movement
- No Feeling, Passive, Shutdown
 - Can't Say No. Can't Think.

Hypo Arousal. (Freeze)