CREATURAE · NERVOUS SYSTEM MAP

The Window of *Tolerance*

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HYPERAROUSAL · TOO MUCH

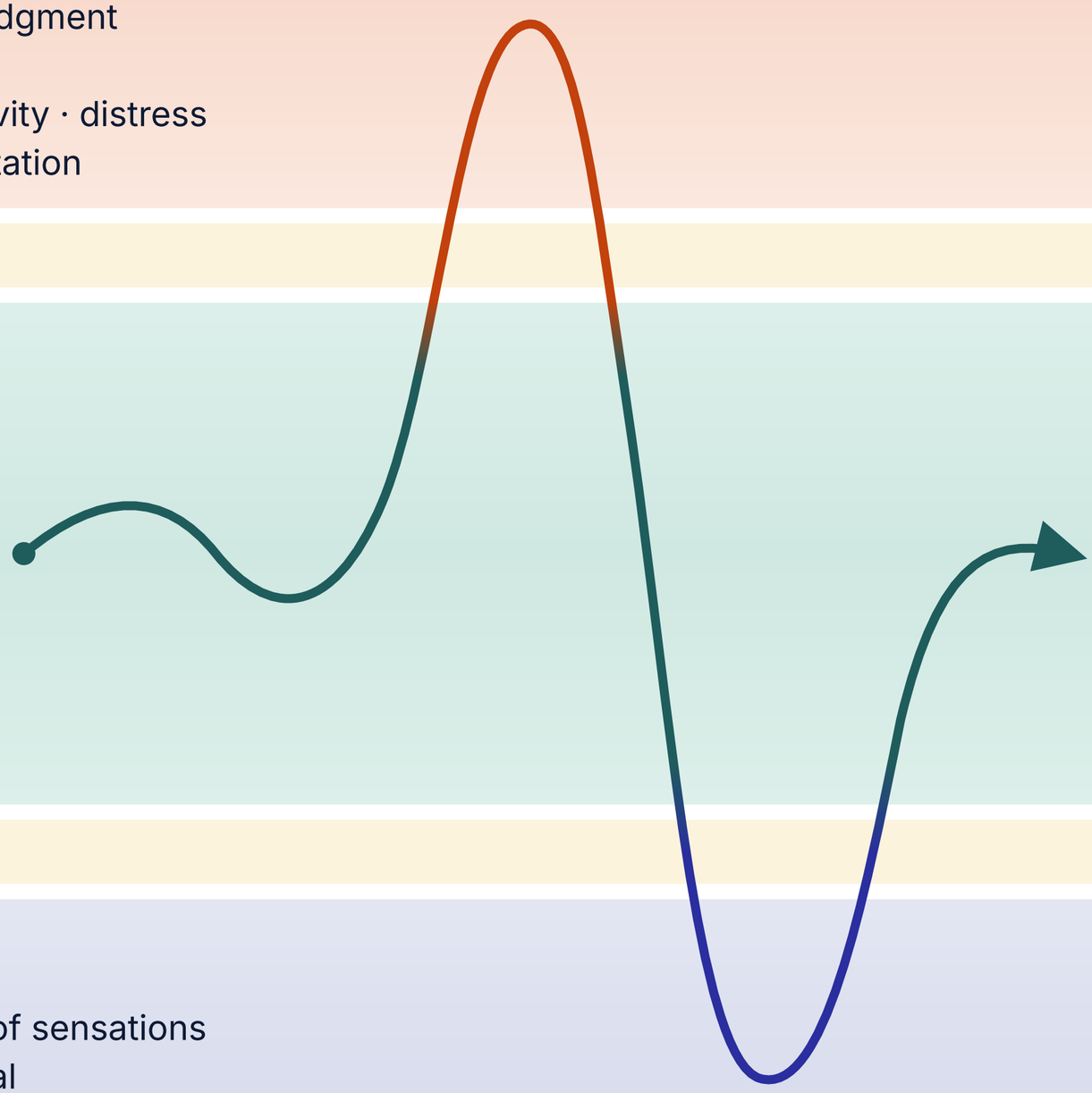
Fight / flight activation · impaired judgment
Rigid thinking · racing thoughts
Feeling too much · emotional reactivity · distress
Hypervigilance, panic, anger or agitation

THRESHOLD

edge of the window · early warning signs

Optimal Arousal Zone

Present · connected · able to think, feel and choose



edge of the window · early warning signs

HYPOAROUSAL · TOO LITTLE

Freeze · feeling too little · absence of sensations
Numbness → isolation → withdrawal
Depressed → hopelessness
Shutdown · dissociation

THRESHOLD

Adapted from Daniel J. Siegel's window of tolerance (1999). For education and self-reflection; not a diagnostic tool.

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