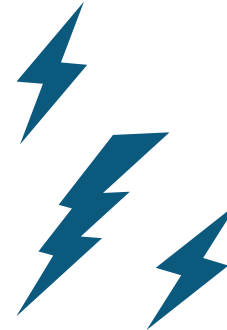




Window of Tolerance

Hyper-Arousal (SNS)

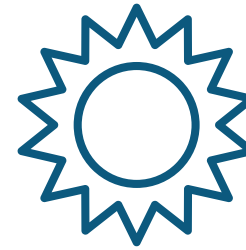
Overwhelmed	Unsafe
Anxious	Angry
Panicked	Fight/flight



Optimal Arousal (PNS – Ventral Vagal)

Window of Tolerance

Calm	Connected
Alert	Engaged
Aware	Learning



Hypo-Arousal (PNS – Dorsal Vagal)

Numb	Disconnect
Confused	Submit
Frozen	Dissociative

