

# THE LOVE SCOUT

*Relationship Therapist*



## WINDOW OF TOLERANCE



Anxiety  
Intense Anger  
Increased Heart Rate  
Feeling Threatened

**HYPERAROUSAL**  
**(Fight or flight)**

Panic  
Rage  
Overwhelm  
Out of Control

Shaking  
Can't Relax  
Hyper-active  
Poor Concentration

Chaos  
Addictions  
Digestive Problems  
Reactive Outbursts

Start to feel irritable

Anxious

**Dysregulation**

Agitated

Feel Uncomfortable

### WINDOW OF TOLERANCE



Caring  
Present  
Grounded  
Connected

Safe  
Social  
Relaxed  
Regulated

Open  
Flexible  
Well-rested  
Good Digestion

Calm  
Curious  
Creative  
Able to learn



Life feels comfortable inside the window of tolerance. We can engage with the world, ourselves and draw on our intellect and emotion to navigate life. Therapy and psycho-education can help you expand your window of tolerance so that you become less reactive to triggers, can self-soothe, emotionally regulate and deal with challenging or adverse situations.

Start to shut down

Lose track of time

**Dysregulation**

Poor Concentration

Feel uncomfortable

Numb  
Reclusive  
Shut-down  
Withdrawn

Sad  
Flat  
Rigid  
Unavailable

Lethargic  
Detached  
No energy  
Dissociated

**HYPOAROUSAL**  
**(Freeze)**

Solemn  
Depressed  
Disconnected  
Poor Digestion

