

Anxiety  
Impulsivity  
Emotional reactivity  
Anger/rage  
Insomnia

Feeling unsafe  
Nightmares  
Hypervigilance  
Overwhelmed  
Rigidity

# HYPERAROUSAL FIGHT OR FLIGHT

Difficulty concentrating  
Addictions  
Obsessive/compulsive  
thoughts and behaviors  
Over-eating/restricting  
Disabled cognitive processing

Panic  
Easily startled  
Jumpy

TRIGGERS: These are the memories, core beliefs, feelings, and body sensations which are connected to the past trauma and have the potential to move us out of the window of tolerance.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## Warning signs of flooding:

### Window of Tolerance

When we are in the window of tolerance we:

1. Are able to self-soothe
2. Stay emotionally regulated
3. Remain flexible
4. Are connected to ourselves (mind, body, emotions)
5. Are able to connect to others

## Warning signs of flooding:

Tools for Regulation: What are behaviors that you can engage in to help regulate and return to the window of tolerance?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Fatigue  
Depression  
Dissociation  
Not present  
Auto pilot  
Disconnection  
Memory loss

Shut down  
Numb

# HYPERAROUSAL FREEZE

Disconnected from emotions and body  
Reduced physical movement  
Aches and pains  
Disabled cognitive processing