

Hyperarousal -
Flight/Fight/Freeze

E.g., Overwhelmed, anxiety,
anger, racing thoughts,
outbursts

People are triggered
outside of their WoT
(e.g., reminder of past
trauma, feeling a loss of
control, homophobia, being
misgendered).



**Your Window of Tolerance/
Optimal Arousal Zone**

Can think & feel at the
same time -
calm, cool,
collected,
connected

Hypoarousal -
Collapse/Feign Death

E.g., numb, zoned out, flat,
shut down, disconnected



Adapted from Siegel, 1999; Ogden et al., 2006.