

Case Scenarios Using the Window of Tolerance

Step 1: Interaction happens (co-worker, client, student, family member)

In Comfort Zone

Something triggers person

Out of comfort zone
(already triggered)

Step 2: What do you see? / Experience in the other person?
(Hyper-aroused/Hypo-aroused?)

What do you feel/experience in yourself?

Step 3: What can you do? What tools can you use for other? For yourself?

Step 4: Next Steps? Where do you go from here?

