The Zone of Tolerance

Too much (hyperarousal)

Intensity

The emotion is overwhelming

Too connected with the emotion

Take the emotion as fact, just react to it

Can't think, impulsive, reactive, out-of-control

Accepting and tolerating the emotion

The Zone

Connected with the emotion but not overwhelmed by it

Can think about the emotion and make choices about how to respond

Can think, remember, make decisions, socialise

Too little (hypoarousal)

The emotion is shut-down

Not connected with the emotion enough Not aware of, or responding to, the emotion Slow, empty, disconnected, numb, no motivation

My Zone of Tolerance

What resources can I use in each area to stay in the zone?

