The Zone of Tolerance

Too much
(hyperarousal)

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
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

The Zone

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?

Too much
(hyperarousal)

The Zone

Too little
(hypoarousal)

The Resources Group

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