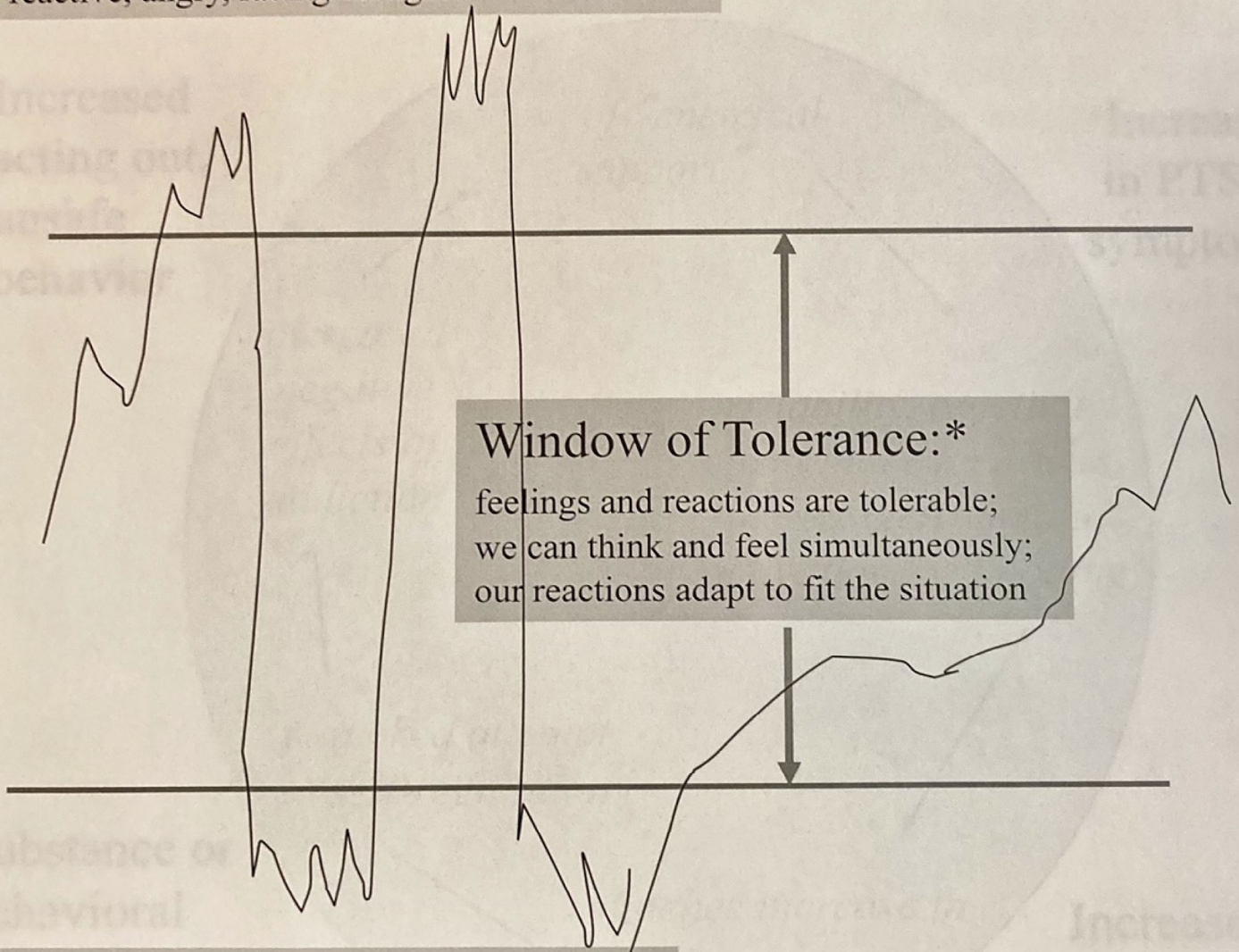


# After trauma, the nervous system remains prepared for danger

[Ogden, Minton & Pain, 2006]

## Signs of Chronic Hyperarousal:

emotional overwhelm, panic, impulsivity, hypervigilance, defensiveness, feeling unsafe, reactive, angry, racing thoughts



## Window of Tolerance:\*

feelings and reactions are tolerable; we can think and feel simultaneously; our reactions adapt to fit the situation

## Signs of Chronic Hypoarousal:

numb, "dead," passive, no feelings, no energy, can't think, disconnected, shut down, "not there," ashamed, can't say No