CHAPTER 11

Neuroception and the Window of Tolerance
RECOGNIZING TRIGGERS & REGULATING HIGH OR HYPERAROUSAL

**Purpose:** To identify a trigger that increases your arousal and describe what will bring your arousal back into an optimal arousal zone.

**Directions:** Determine a trigger that causes your arousal to increase. It could be a trauma trigger (e.g., a loud noise, an intrusive image, a person who reminds you of the trauma, or other traumatic reminder), or it could be a relational trigger (e.g., being criticized, rejected, not attended to, pressured, or someone being disappointed in you). It could be a trigger that causes your arousal to exceed the window, or it could be a trigger that upsets you and causes your arousal to increase uncomfortably, but not so much that it exceeds your window of tolerance.

1. Describe your trigger.

2. Describe the body signals that indicate you have been triggered into high or hyperarousal.

3. What helps you feel better again when your arousal has been triggered into high or hyperarousal? List several things you could do to bring your arousal back into a more comfortable zone.

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