





- 1. Narrow Window of Tolerance** Means smaller changes in experience trigger hyper- or hypo-arousal zone reactions (A narrow working range)
- 2. Increased Capacity for Resilience** Cultivated through effective learning experiences at edge of window of tolerance; so expanding window of tolerance (An expanding working range)
- 3. Wider Window of Tolerance** Means only larger changes in experience trigger hyper- or hypo-arousal reactions (A wide working range)

Window of Tolerance:
What is your Working Range?

Electronic copies are available at www.mindingthegaps.uk