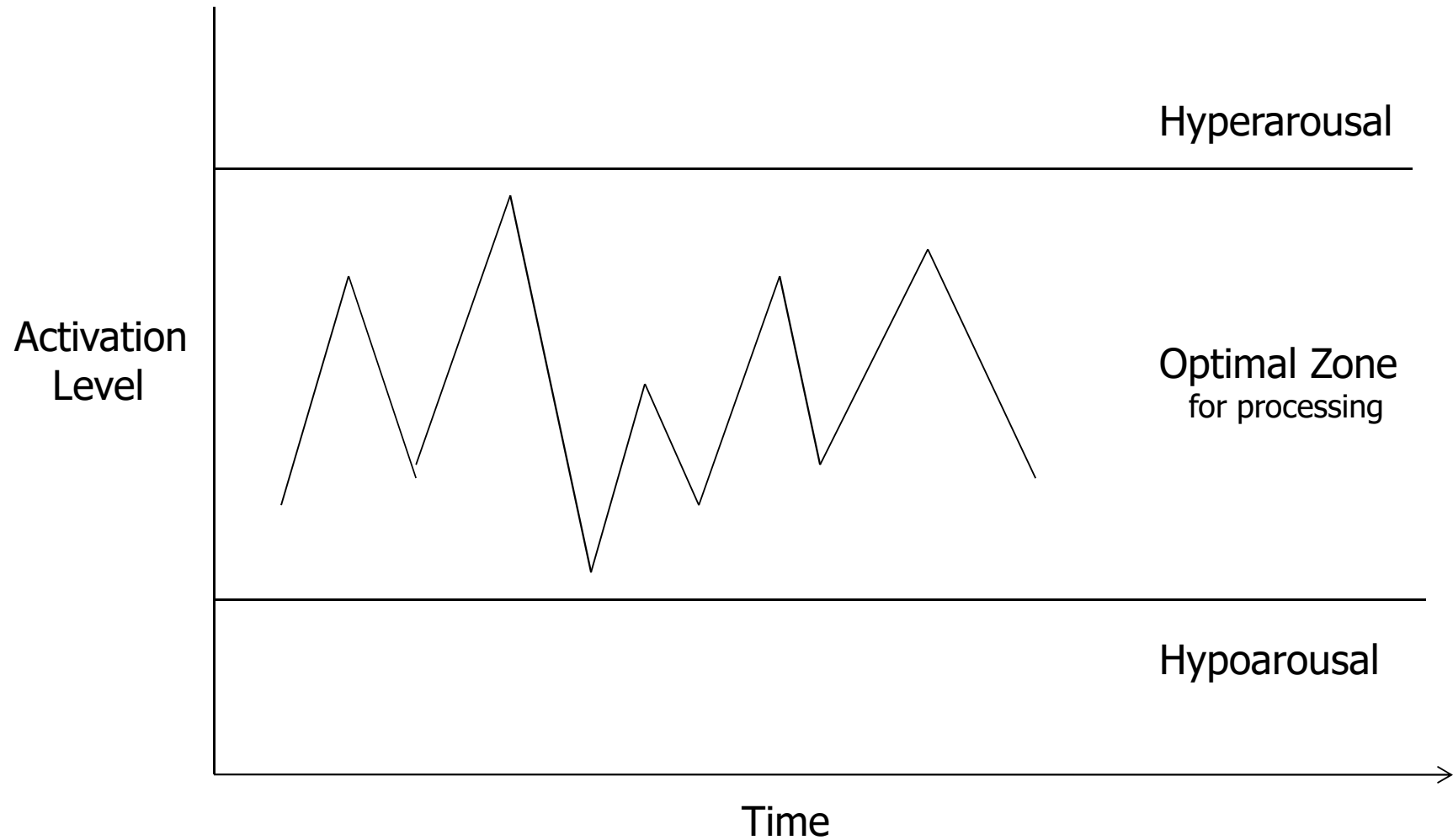
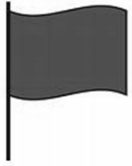


Window of Tolerance:

learning to self-regulate

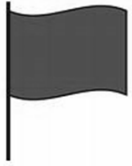




Red Flags: High Risk Challenges and Triggers

Times/ Situations

Topics



Red Flags: Warning Signs

Verbalizations/Actions

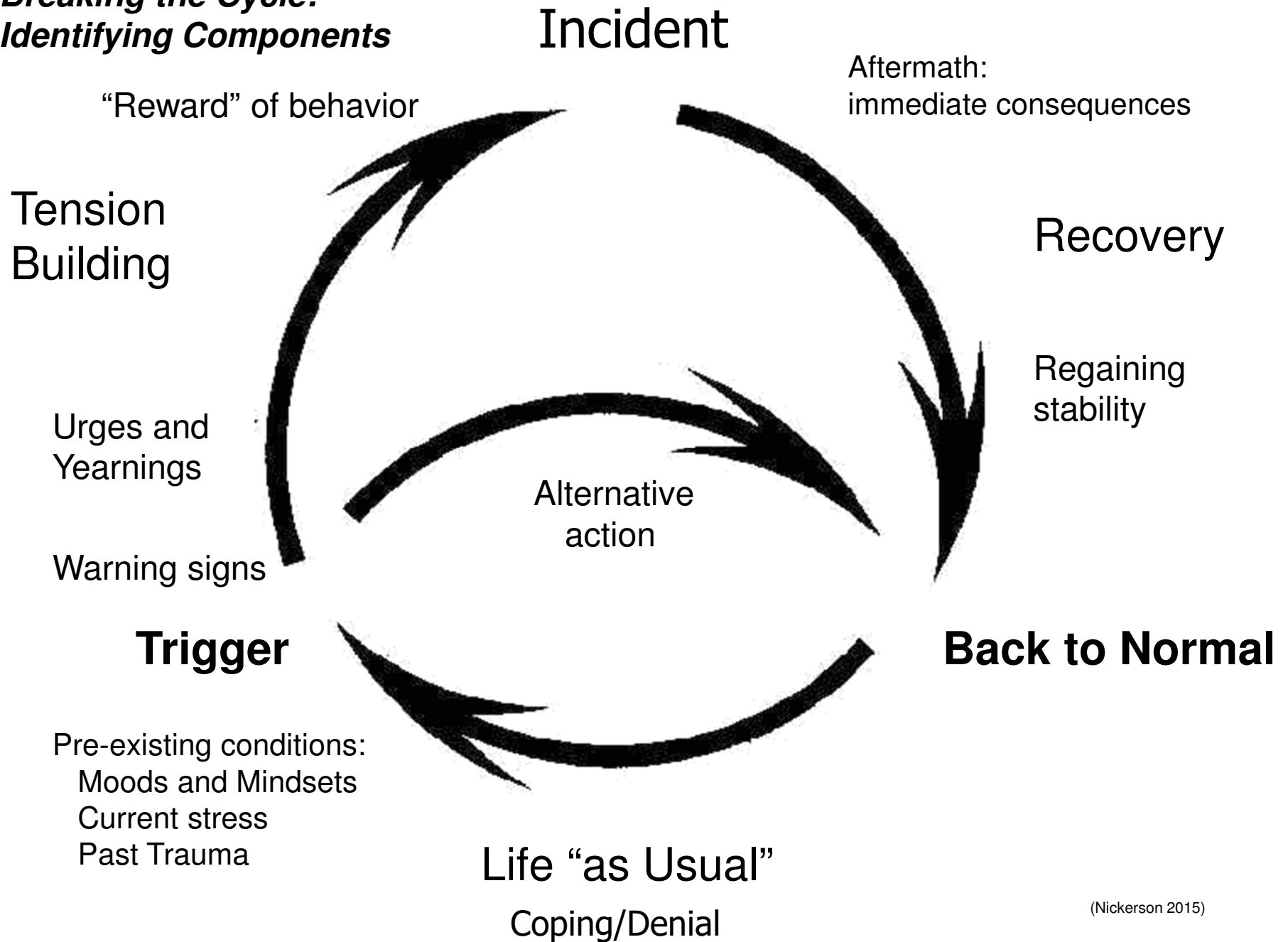
Neg. Cognitions

External/ Internal

Emotions

Body Sensations

**Breaking the Cycle:
Identifying Components**



**Breaking the Cycle:
Intervention options**

Incident

Reprocess consequences

Reprocess "reward"
sought by behavior

Recovery

**Tension
Building**

Desensitize triggers
and urges

Identify and heed
warning signs

Rehearse alternative action

Back to Normal

Trigger

Identify and manage
pre-existing conditions

Reprocess related
trauma memories
Reprocess past incidents

Develop resources, skills,
self-regulation, motivation

Address unmet needs

Life as you want it

Positive Treatment Goal

(Nickerson 2015)

