



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 12: Containment

Exercise I: Chaos vs. Rigidity

Dr. Dan Siegel talks about integration using the metaphor of a river. On one side of the river is chaos and on the other side is rigidity. When integrated, we're in the flow of the river that has a sense of harmony. It's flexible, adaptive, coherent, energized and stable.

This is a really simple way to check in with yourself to notice when you are outside your window of tolerance. Answer the following questions:

CHAOS

Are you noticing chaos?

INTEGRATION

(window of tolerance)

RIGIDITY

Are you noticing rigidity?

Where do things feel anxious
and overwhelming?

Where do you feel it in your
body?

Where does it show up in your
thinking or behavior?



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 12: Containment

These are cues that you have been hooked in and pushed outside of this window. What are your next steps?

Exercise II: Window of Tolerance

Think of a recent experience where you were inside your window of tolerance and felt connected to your internal resources. You felt calm and relaxed as well as engaged and alert, all at the same time. Hold that memory, in your minds eye, for at least 30 seconds. Notice what you are experiencing in your body, what thoughts and emotions are present for you, and if it reminds you of any other experience(s).

Write about your experience here:



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 12: Containment

Then, think of a recent experience where you were outside your window of tolerance and felt disconnected from your internal resources. Hold that memory, in your mind's eye, for at least 15 seconds. Notice what you are experiencing in your body, what thoughts and emotions are present for you, and if it reminds you of another experience(s).

Write about your experience here:

Now, go back and forth in your mind from one memory to the other. Hold each memory for about 5-10 seconds as you switch from one to the other and back again. Increase the time you “hang out” with the memory of being outside your window of tolerance as you increase your capacity to stay with it. If at any point it feels too intense, switch back to the memory of being inside your window of tolerance. Do this for a few minutes.

Write about your experience here: