

Printable Somatic Healing Cards

If you want to shift anything in your life, you must know about this concept
The window of tolerance

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This brilliant concept, developed by Dr. Dan Siegel, refers to this **window within which things feel tolerable to our nervous system** – Even if difficult things happen, we are able to handle the situation.

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If you're on a growth journey and you want to shift something in your life, see how you can take **manageable baby steps** and still stay within this window.

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When we make transitions, when we transform, we are often **leaving the old** – which is the familiar, and thus, the safe. When we go through this, we **feel a sense of threat**.

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Therefore, it is crucial that we **focus** on taking baby steps outside of **our comfort zone**, finding the balance between challenging ourselves, and still feeling safe doing it.

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This balance is completely **unique** and individual. This is why when I coach, I always ask my clients to lead me, and most importantly, my client's **body to lead us**.

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To find your window of tolerance you can do some somatic experiments, imagining behavioral steps you might take in transforming a particular habit or behavior, and noticing whether these steps feel tolerable or completely unsafe for you.

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The slower you go, the faster you'll get there

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