

Affect Tolerance
Affective Resilience

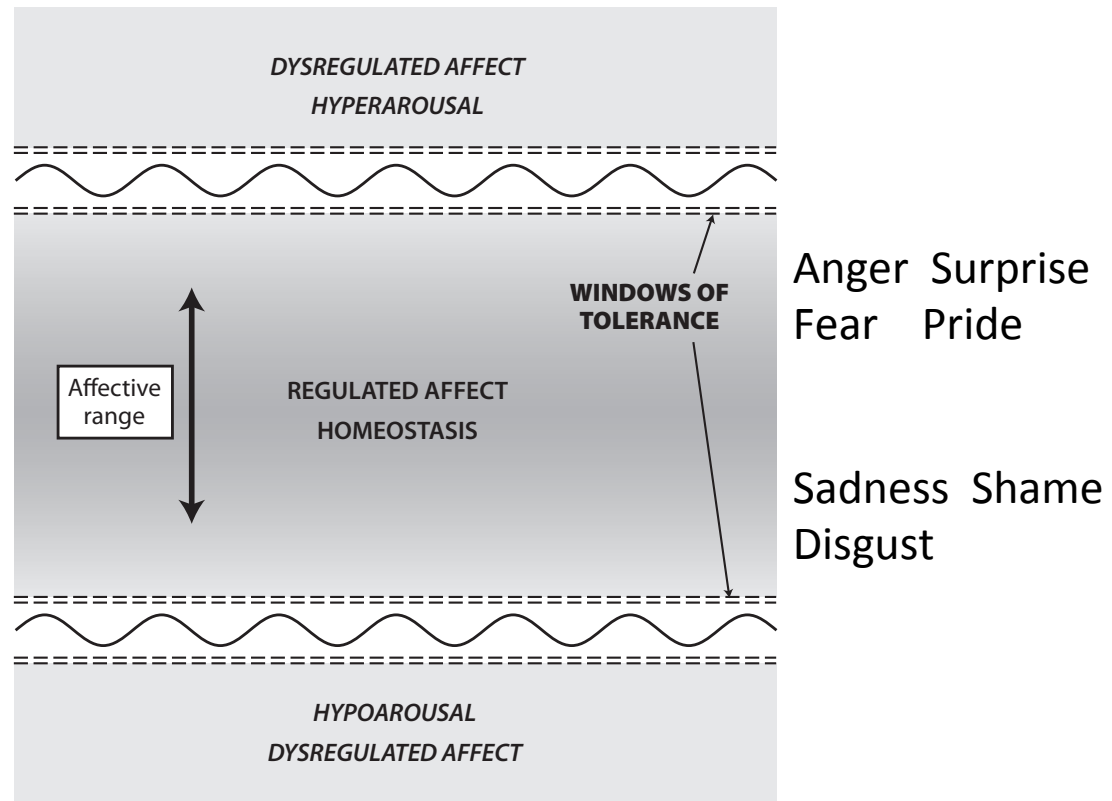


Figure 1-1. Affect regulation-dysregulation

Structured Insecure Attachment

Preoccupied

- Restricted to *hyper-arousal*
 - active coping-assimilation
- Poor regulation of hyper-arousal --
 - prolonged dysregulation
- *Low stress tolerance*
- Attention fixated on source of stress
- *Poor resiliency*
- *Overt distress*
- Restricted to *dyadic regulation*

- *Moves against object*
- *Tight ambivalent engagement*

Dismissive

- Restricted to *hypo-arousal*
 - passive coping-accommodation
- Poor regulation of hypo-arousal -
 - prolonged dysregulation
- *Low stress tolerance*
- *Attention away from source of stress*
- *Poor resiliency*
- *Covert distress*
- Restricted to *auto-regulation*

- *Moves away from object*
- *Withdrawal / Thin engagement*



Moderately Altered States of Consciousness

Hyper-aroused

- Quality of Experience:
 - Overwhelming / flooded / scrambled / Fast
 - Surge Sharp Vivid
- Rxy to Experience:
 - Immersed (moderately)
- Sense of self
 - Highly automated
 - Swept away – No agency
 - Fragmented / no core
- Tx->becoming whole

Hypo-aroused

- Quality of Experience:
 - Empty / barren / Affectless
 - Slow
 - Dulled / Grayed out experience
- Rxy to Experience:
 - Detached (moderately)
- Sense of self
 - Highly automated
 - Stilled – No agency
 - Empty / Diminished affect and cognition
- Tx -> Coming into being