



Nationaal congres Hoogbegaafdheid 2025

8 april

Lijnie Reijers



Pablo Picasso

1881-1973

Les Femmes d'Alger (O Version O)

Oil on canvas, 1935

100 x 150 cm

Private collection, Paris

Acquired by the Museum of Modern Art, New York, 1964

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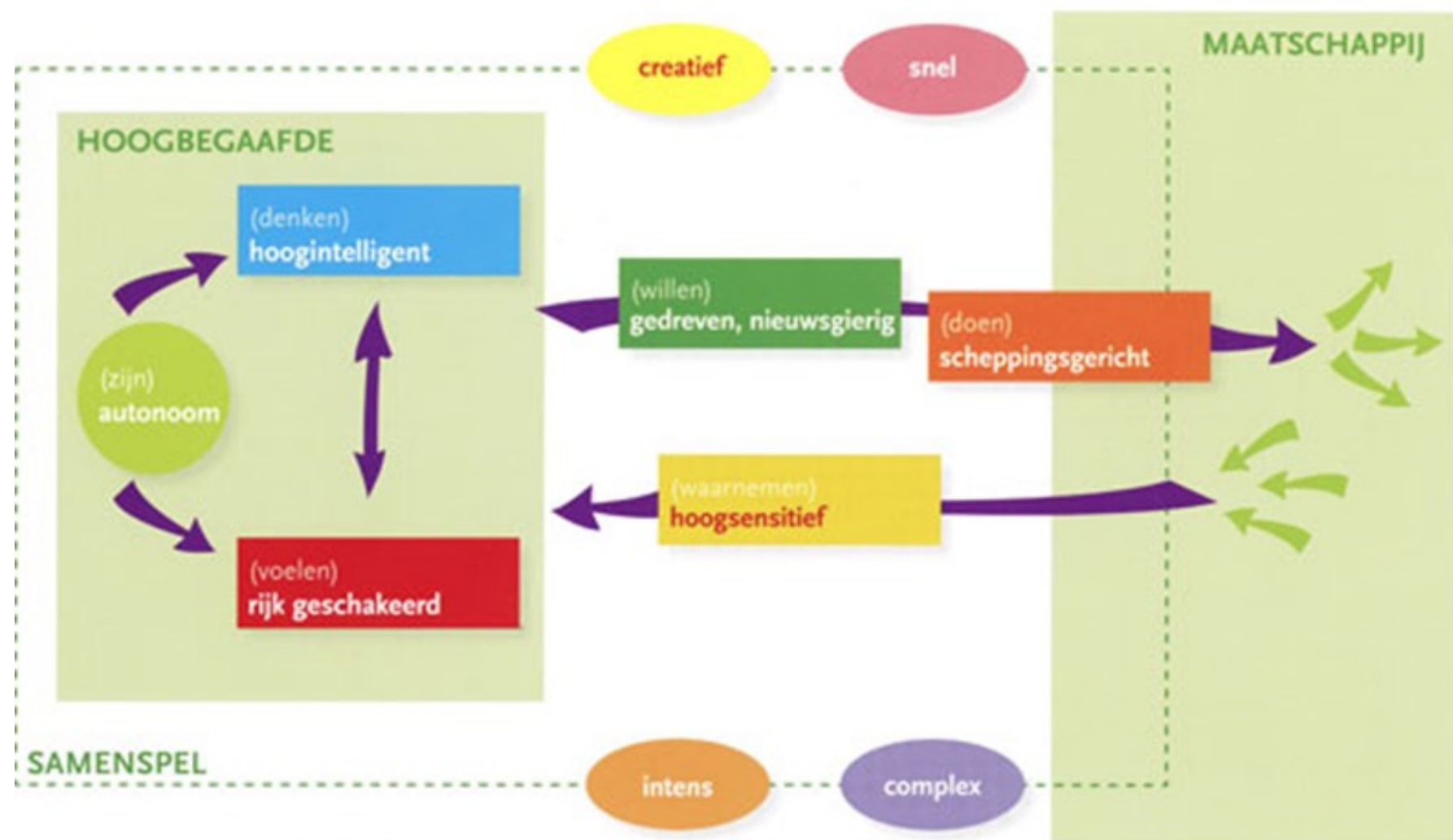
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DELPHI-MODEL HOOGBEGAAFDHEID ©



Uit: M.B.G.M. Kooijman - van Thiel (red). *Hoogbegaafd. Dat zie je zól* Over zelfbeeld en imago van hoogbegaafden. OYA Productions, 2008





WINDOW OF TOLERANCE

The window of tolerance and different states that affect you



HYPERAROUSAL

- Abnormal state of increased responsiveness
- Feeling anxious, angry and out of control
- You may experience wanting to fight or run away



DYSREGULATION

- When you start to deviate outside your window of tolerance you start to feel agitated, anxious, or angry
- You do not feel comfortable but you are not out of control yet



DYSREGULATION

- You start to feel overwhelmed, your body might start shutting down and you could lose track of time
- You don't feel comfortable but you are not out of control yet



HYPOAROUSAL

- Abnormal state of decreased responsiveness
- Feeling emotional numbness, exhaustion, and depression
- You may experience your body shutting down or freeze

