



Lesson 17:

Going Deeper into High Tone Armoring

How to recognize and work with high tone defense

What are two types of wounding that can be beneath *high tone armoring* that is driven by the need for *stabilization*?

How do you work with this type of high tone armoring?

What stage in the Cycle of Touch do you tend to enter when this type of high tone armoring opens?

How do you work with *high tone armoring* that is driven by *wounding within the contact boundary*?

What emotions can emerge when this type of high tone armoring unpacks?

Where in the body do you tend to find armoring related to *stabilization* as caused by *event trauma*?





Where in the body do you tend to find armoring related to *stabilization* as created by *developmental trauma*?

How does armoring related to *wounding in the contact boundary* show up in the body?

What types of experiences can result in the development of this type of armoring?

