

Finding Your Window of Tolerance

The Window of Tolerance describes the range where we feel calm, present, and able to handle life's challenges. When we're in this "window," our minds and bodies work in harmony. When we're outside it, we might experience either hyperarousal (feeling overwhelmed or anxious) or hypoarousal (feeling numb or shut down). This worksheet helps you recognize your signs, triggers, and tools to regulate your emotional state.

1. Recognizing Your Window of Tolerance

What does being calm and balanced feel like for you?

Example: "I feel grounded, focused, and connected to others."

2. Signs You're in Hyperarousal (Above Your Window)

What are your personal signs of hyperarousal?

Example: "Racing thoughts, irritability, rapid heartbeat."

3. Signs You're in Hypoarousal (Below Your Window)

What are your personal signs of hypoarousal?

Example: "Feeling detached, foggy, or heavy."

4. Tools to Self-Regulate

What helps you calm down and regain focus when you're overwhelmed?

Example: "Deep breathing, progressive muscle relaxation, or going for a walk."

What helps you re-energize and reconnect when you're feeling numb?

Example: "Listening to upbeat music, gentle stretching, or calling a friend."
