

The Window of Tolerance



Hyperarousal

We feel overwhelmed, anxious and panicky. There may also be feelings of anger which can make us feel out of control. We want to run away and hide as we feel under threat or that life is too much. Our thoughts are likely to be racing and our senses become heightened, as we look-out for danger.

My signs of hyperarousal are:

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Early Signs of Hyperarousal

We feel dysregulated, uncomfortable and irritable. We don't feel out of control but notice some of the signs of hyperarousal

My early signs of hyperarousal are:

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The Window of Tolerance

We are engaged with the world around us and we are able to tolerate the demands that life throws at us. This is where we find balance, we feel challenged but not too stressed - calm but not bored or tired. In this space we can feel a sense of 'flow'. In this zone, we are able to access both the thinking brain and the emotional brain.

The signs that I am in my window of tolerance are:

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Early Signs of Hypoarousal

We feel dysregulated, uncomfortable and somewhat cut-off. We may feel bored and find it hard to think clearly

My early signs of hypoarousal are:

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Hypoarousal

We feel numb, empty, and that we have no energy and shut down. Our minds might feel foggy and we lose our sense of time as if we have frozen. We can feel absent as if we are "not there" and respond passively to others.

My signs of hypoarousal are:

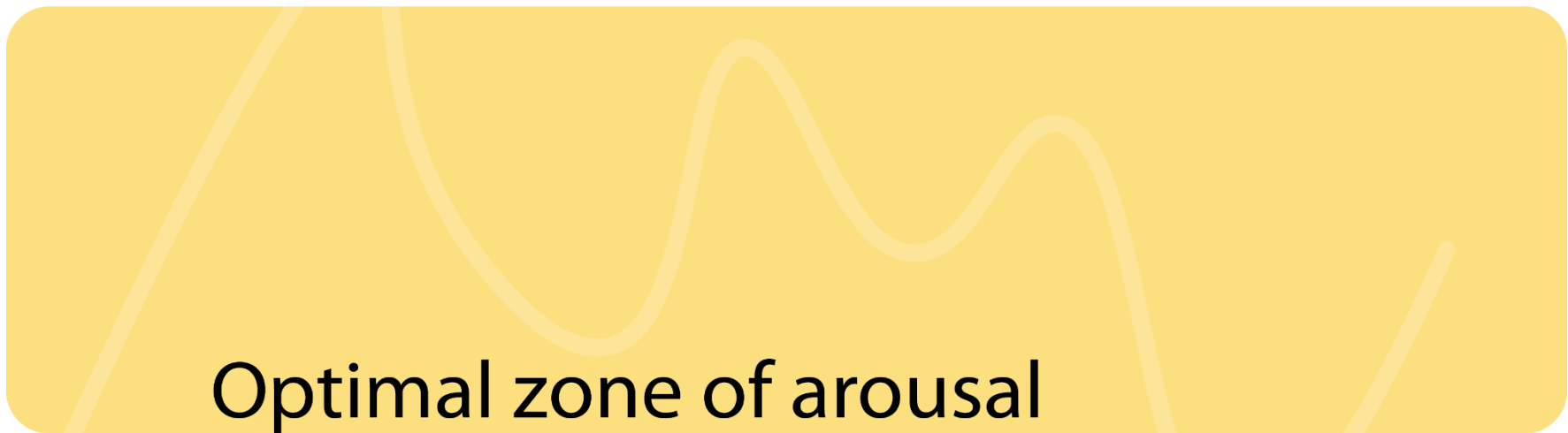
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Your Window of Tolerance

How do you move through the different zones of arousal?

Sketch a line below to show how long you spend in each zone of arousal over a period of time (for example, over the course of a day or an hour)



Time



A horizontal black arrow pointing to the right, indicating the progression of time.

Widerperspective