

Inside My Window

Knowing what keeps me steady, and how to widen it

Inside your window you can think clearly, feel your feelings and respond flexibly. This page helps you notice what being in your window feels like for you, what keeps you there, and how it can gradually grow.

NAME _____ DATE _____

01 How I know I'm in my window tick what fits

IN MY BODY

- ☐ Steadier heart and breathing
- ☐ Shoulders and jaw more relaxed
- ☐ Energy available for the day
- ☐ Able to rest and sleep
- ☐ Noticing hunger and tiredness
- ☐ Feeling at home in my body

Other _____

IN MY MIND

- ☐ Thinking clearly
- ☐ Curious and open
- ☐ Feelings present but manageable
- ☐ Able to see other viewpoints
- ☐ Can focus on one thing
- ☐ A sense of "I can cope"

Other _____

IN WHAT I DO

- ☐ Present with people
- ☐ Responding rather than reacting
- ☐ Flexible when plans change
- ☐ Solving problems step by step
- ☐ Asking for help if I need it
- ☐ Enjoying small things

Other _____

02 What keeps me regulated tick, then add your own

- ☐ Regular sleep
- ☐ Regular meals
- ☐ Movement or exercise
- ☐ Time outdoors
- ☐ Connection with people I trust
- ☐ A predictable routine
- ☐ Meaningful activity
- ☐ Downtime and rest
- ☐ Less alcohol or caffeine
- ☐ A regular calming practice

My own anchors...

03 Knowing my edges the window has a top and a bottom

NEAR THE TOP EDGE

signs I'm getting activated

IN THE CENTRE

how settled feels for me

NEAR THE BOTTOM EDGE

signs I'm starting to shut down

04 Widening my window small, steady steps

- ☐ Practising calming skills when already calm
- ☐ Meeting hard feelings with kindness
- ☐ Spending time with safe people
- ☐ Protecting sleep and rest
- ☐ Gently stretching my edge with small challenges
- ☐ Noticing moments of ease each day
- ☐ Working with my therapist at my own pace
- ☐ Limiting what overloads me

My own _____

MY DAILY ANCHORS

Morning...

During the day...

Evening...

05 My week in the window tick each day you did it

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Slept reasonably	☐	☐	☐	☐	☐	☐	☐
Moved my body	☐	☐	☐	☐	☐	☐	☐
Connected with someone	☐	☐	☐	☐	☐	☐	☐
Had some downtime	☐	☐	☐	☐	☐	☐	☐
Practised a skill	☐	☐	☐	☐	☐	☐	☐

Everyone's window is different, and it naturally narrows under stress, illness or poor sleep. A smaller window on some days isn't failure; it's information.