

My Window of Tolerance

Getting to know what settles me, and what tips me out

Everyone's window is different. Use this page to map your own: what helps you stay regulated, what pushes you above your window, and what drops you below it. Add to it over time; patterns often become clearer with practice.

NAME _____ DATE _____

ABOVE MY WINDOW Hyperarousal

fight or flight · too much

What activates me

situations, people, thoughts, reminders

How I know I'm here

in my body, mind and behaviour

What helps me settle

breathing, grounding, movement, support

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

↑ tipped above · settling back ↓

INSIDE MY WINDOW My window of tolerance

settled and able to cope

What keeps me regulated

routines, people, places, activities

How I know I'm here

how I feel, think and act

What widens my window

sleep, connection, practice, rest

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

↓ dropped below · lifting back ↑

BELOW MY WINDOW Hypoarousal

freeze or shutdown · too little

What drops me down

situations, people, thoughts, reminders

How I know I'm here

in my body, mind and behaviour

What helps me lift

movement, senses, orienting, connection

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

01 My week

Each evening, fill the circle for where you spent most of the day

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

☐ above my window ☐ inside my window ☐ below my window

02 Looking back

Bring this to your next session

A pattern I noticed this week...

One thing I'd like to try to widen my window...

_____	_____
_____	_____