

HYPOAROUSAL

When I'm Below My Window

Noticing shutdown, and finding my way back up

Hypoarousal is the body's "too little" state: slowing down or shutting off to protect us. It is not laziness or weakness. This page helps you recognise your own signs, what brings them on, and what helps you gently lift.

NAME _____ DATE _____

01 What it can look like for me tick what fits

IN MY BODY

- ☐ Heavy, tired or slowed down
- ☐ Numb or cut off from my body
- ☐ Feeling cold
- ☐ Hard to get moving
- ☐ Very low energy
- ☐ Voice goes quiet or flat

Other _____

IN MY MIND

- ☐ Foggy or blank
- ☐ Feeling far away or unreal
- ☐ Empty or flat
- ☐ Hard to concentrate
- ☐ Nothing seems to matter
- ☐ Losing track of time

Other _____

IN WHAT I DO

- ☐ Withdrawing from people
- ☐ Staying in bed or on the couch
- ☐ Going quiet in conversations
- ☐ Zoning out on screens
- ☐ Skipping meals or self-care
- ☐ Cancelling plans

Other _____

02 What tends to drop me down tick, then add your own

- ☐ Long periods of stress
- ☐ Feeling trapped or helpless
- ☐ Rejection or loss
- ☐ Reminders of past hurt
- ☐ Exhaustion
- ☐ Being alone for long stretches
- ☐ Conflict that feels unwinnable
- ☐ Days without structure
- ☐ Feeling not good enough

My own triggers...

03 How it deepens for me catching it early makes it easier to lift

EARLY SIGNS

the first dimming

DEEPENING

harder to engage

SHUT DOWN

fully below my window

04 What helps me lift

- ☐ Gentle movement: stand, stretch, walk
- ☐ Changing position or room
- ☐ Noticing colours and objects around me
- ☐ Opening curtains, getting light
- ☐ Texture, temperature, scent or sound
- ☐ A warm drink or small snack
- ☐ Music with a steady rhythm
- ☐ Messaging or calling someone safe

My own _____

MY LIFTING PLAN

When I notice...

I will...

If that doesn't help, I'll...

05 Moments I noticed this week

DAY · TIME	WHAT DROPPED ME DOWN	WHAT I NOTICED	WHAT HELPED	TIME TO LIFT

Worth mentioning to your therapist: if you often lose track of time, feel strongly detached from yourself or your surroundings, or find it very hard to come back. If you feel unsafe, contact emergency services or a crisis line.