

Window of Tolerance Worksheet

HYPERAROUSAL



Signs I am here:

Things I can do to mive back into my Window of Tolerance

WINDOW OF TOLERANCE

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HYPOAROUSAL



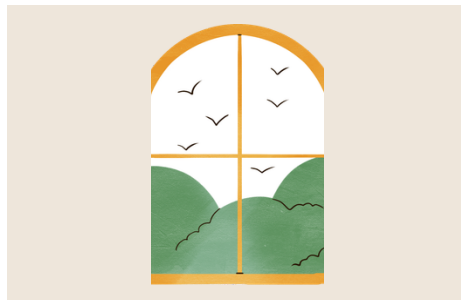
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WINDOW OF TOLERANCE

Hyper-arousal, otherwise known as the fight/flight response, is often characterised by hyper vigilance, feelings of anxiety and/or panic, and racing thoughts. Feeling anxious, angry, out of control . wanting to run away or fight

**Window
of
tolerance**



The body is in its optimal state, Can access both reason and emotion. You feel just right and able to cope with what ever life throws at you. You feel calm, alert and in control

Hypo-arousal, or a freeze response, may cause feelings of emotional numbness, emptiness, or paralysis. You feel numb and zoned out emotionally and physically. Feelings of exhaustion, depression, decreased responsiveness.