

**Conditions that
can shrink your
window of
tolerance:**

- Poor sleep
- Poor nutrition
- Physical discomfort or illness
- Trauma
- Anxiety
- Pressure
- Grief & loss
- Pain
- Family crisis
- Chronic Stress
- Unpredictability

Anxiety | Overwhelmed | Outbursts | Anger/Aggression/Rage | Rigidness | Obsessive-compulsive patterns |
Over-eating/restricting | Impulsivity

HYPER-ACTIVATED
Fight/Flight Response

Feeling overwhelmed, anxious or out of control. Experiencing the urge to fight or engage in conflict.
Wanting to run away or avoid the situation. Physiological feelings: hyperventilating, shaking, etc...

**What can pop you out of
your window?**

- Lack of control
- Rejection
- Conflict
- Being silenced
- Threat or violence
- Sudden changes
- Disrespect
- Being micromanaged
- Harassment

WINDOW OF TOLERANCE
COMFORT ZONE
Emotionally Regulated

Cool, Calm, Collected & Connected

ABILITY TO SELF-SOOTHE
Ability to regulate emotional state

**What helps you return to
your window?**

- Mindfulness and grounding exercises
- Movement
- Deep, slow breathing
- Positive self-talk
- Seeking support
- Laughter/humor
- Soothing with your senses

Feeling numb, empty or frozen, inability to take action. Disconnected or zoned out, difficulties with motivation.
Staring at nothing, dissociated/detached from self. Physiological feelings: lethargic, low energy, etc...

Freeze Response
HYPO-ACTIVATED

Dissociation | Checked out | Unfocused | Memory loss | Disconnected | Auto pilot | No display of emotions | Numbing

**Conditions that
can expand
your window of
tolerance:**

- Personal wellbeing
- Time with loved ones
- Hobbies
- Mindfulness
- Nature
- Journaling
- Therapy
- Movement
- Proper sleep & nutrition
- Music
- Rest