



## Window of Tolerance

### (Window of Tolerance Worksheet)

As we continue working on **emotion regulation**, I'd like you to complete this worksheet to help you recognize and understand your emotions through Window of Tolerance. Understanding your *Window of Tolerance* (WOT) is essential for emotional and mental well-being. It gives you insight into how you experience and respond to stress and helps you develop the tools to manage difficult emotions and situations. Below is an explanation of what the WOT is and why recognizing your personal window matters.

#### Introduction to the Window of Tolerance (WOT)

The Window of Tolerance refers to the zone where we function best emotionally and physiologically. When we are in this zone, we feel balanced, calm, and able to respond to stress effectively. Outside of this window, we may experience emotional dysregulation, which can manifest as hyperarousal (feeling overwhelmed or anxious) or hypoarousal (feeling numb or shut down).

#### What Happens in Each State?

State	What it Feels Like	Common Signs
Hyperarousal	Too much energy, overwhelmed	Anxiety, anger, racing thoughts, panic
Window of Tolerance	Balanced, calm, focused	Grounded, present, engaged
Hypoarousal	Too little energy, shut down	Numbness, fatigue, disconnection, sadness

## Worksheet: Monitoring and Expanding Your Window of Tolerance

Here's what I'd like you to do:

1. **Download the worksheet** I've attached and fill it out by hand if possible. Writing by hand engages the tactile part of your brain, which can help you better connect with your body and expand your awareness. However, if typing is more convenient for you, feel free to do so..
2. **Be honest** with yourself during this process. This worksheet is for your personal reflection; no one else will see it, not even me. We will discuss what you discover in our sessions, and you can share only what you feel comfortable with.
3. I'd like you to **complete this worksheet regularly for at least two weeks**, using past emotional experiences to practice recognizing your emotions. This will help you gain insights into your emotional patterns and responses.

Feel free to make as many copies of the worksheet as you need. Let me know if you have any questions, and we'll talk more about this in our next session.

Keep these worksheets private and use them for our discussion during sessions, sharing only what you are comfortable with.

### Step 1: Describe your 'Window of Tolerance':

How do you feel emotionally, physically, and mentally when you're in balance?

Example: Calm, thoughts are clear, breathing is steady, emotions feel manageable

### Step 2: Identify Signs of Dysregulation

Fill in the table below based on your personal experiences:

Hyperarousal	Hypoarousal
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### Step 3: Track Triggers

What events, thoughts, or situations push you out of your Window of Tolerance?

Trigger	Hyperarousal or Hypoarousal?

### Step 4: Coping Tools

List strategies that help you return to your Window of Tolerance. Categorize them into what works best for Hyperarousal or Hypoarousal.

Coping Strategy	Use for Hyper or Hypo?

### Step 5: Reflection and Practice

Use the table below to track your emotional state over the next week. Reflect on what worked well and what you could adjust.

Date	Event/Trigger	State (Hyper/Hypo/Window)	Coping Tool Used	Effectiveness (1-10)

### Tips for Expanding Your Window of Tolerance

Level	Indicator	What can I help
<b>10</b> <b>9</b> <b>8</b>	e.g. overwhelmed, heart racing, panic, rage, racing thoughts	e.g. grounding, calm place imagery, deep breathing, yoga, walking, music
<b>6</b> <b>5</b> <b>4</b>	e.g. go with the flow, calm, happy, neutral, living, able to work and play	anything which brings nurture, balance, goodness, engagement, and rest to you
<b>2</b> <b>1</b> <b>0</b>	e.g. numb, out of it, disconnected, apathetic, empty	e.g. exercise, connecting to positive sensations, weighted blanket, dancing, gently squeezing yourself

*"Practice Self-Regulation Techniques Regularly: Mindful breathing, grounding exercises, or progressive muscle relaxation.*

*Celebrate Progress: Acknowledge when you effectively return to balance, even if it takes time."*

Best regards,

Pakeezah Baig