



My Window of Tolerance Map

Describe your signs inside, above and below your window, then what helps. A teaching metaphor, not a measured model, not a diagnosis, and not therapy. If you are in crisis, see the helplines in the FAQ.

THE WINDOW OF TOLERANCE

Above the window: too much

racing, panicky, angry, on edge

Inside the window: I can cope

feeling things, and still able to think

Below the window: too little

numb, flat, spaced out, shut down

01 1. Inside my window

Think of a time you felt steady: not necessarily happy, but able to feel things and still think and talk. What was that like?

Signs I'm inside my window (tick what fits):

- ☐ I can think clearly and make decisions
- ☐ My breathing is slow and easy
- ☐ I can listen to someone and answer
- ☐ I can feel an emotion without being swept away
- ☐ My body feels loose enough to move around
- ☐ I can ask for what I need

My own signs of being inside my window:

02 2. Above my window

Too much activation. Some people describe feeling wired, panicky, angry or flooded. Describe what it's like for you.

Signs I'm above my window (tick what fits):

- ☐ Racing thoughts or heart
- ☐ Anger or irritation that comes up fast
- ☐ Can't sit still, or can't switch off
- ☐ Tight chest, jaw or shoulders
- ☐ Snapping, shouting or wanting to get away
- ☐ Can't think straight or can't sleep

My own signs of being above my window (body, thoughts, behaviour):

What tends to push me above it (a trigger, a place, a time, a person):

03 3. Below my window

Too little activation. Some people describe feeling numb, foggy, flat or far away. Describe what it's like for you.

Signs I'm below my window (tick what fits):

- ☐ Feeling numb or empty
- ☐ Foggy or spaced out
- ☐ Heavy body, no energy
- ☐ Going quiet, shutting down, withdrawing
- ☐ Hard to start anything
- ☐ Feeling far away from people or from myself

My own signs of being below my window:

What tends to push me below it:

A note on low mood:

- ☐ My low or numb feelings have lasted a while or are getting in the way of daily life, and I'll talk to my GP
- ☐ A dark thought came up. It can be serious, and I'll reach out now (Samaritans 116 123, 988 in the US)

04 4. Where am I today?

A quick check you can repeat. The number is only for you.

Right now I feel more...



Below my window (low, numb)

Above my window (wired, flooded)

A word for how I am, and what I notice in my body:

05 5. What helps me move back

What you need above your window can be different from what you need below it. Tick what you've found useful or want to try, and add your own.

When I'm above my window

Slowing down, cooling, calming

When I'm below my window

Waking up, moving, connecting

Ideas to try:

- ☐ Breathing out for longer than I breathe in
- ☐ Cold water on my hands or wrists
- ☐ Pressing my feet into the floor
- ☐ Naming five things I can see
- ☐ A short walk or stretch
- ☐ Music that matches then lifts my mood
- ☐ Talking to someone I trust
- ☐ Something warm to drink
- ☐ Stepping out of the room for a few minutes

Someone I can reach out to when I can't get back on my own:

06 6. My check-in log

Notice the pattern over time. One row per check-in.

[illegible]

When you're done, a moment to reflect

- Which signs of being outside your window do you notice first, in your body, your thoughts or your behaviour?
- What tends to come just before you move above or below your window?
- Does the amount you can handle change with sleep, hunger, stress or company?
- What is one thing from your list that you could try this week?
- Is there something you'd like support with that a GP or a trauma-informed therapist could help with?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/window-of-tolerance-worksheet



If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.