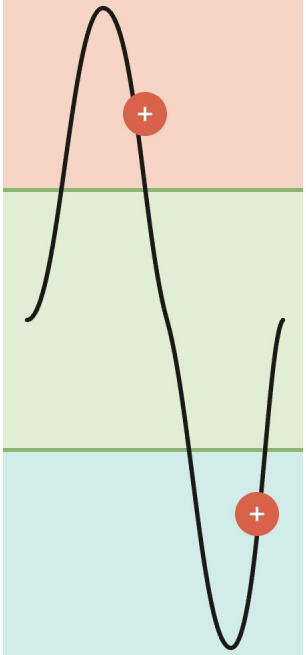
My window of *tolerance.*

Your window is the zone where you can think, feel and respond without flooding or shutting down. Fill in what each zone looks like for you, what changes its size, and what brings you back.

MY THREE ZONES

Words, doodles or colours all work.



ABOVE MY WINDOW

Too much: flooded, racing. What I notice:

In my body	In my thoughts	In what I do

IN MY WINDOW

What I'm like here: how I feel, think and act

BELOW MY WINDOW

Shut down: numb, far away. What I notice:

In my body	In my thoughts	In what I do

What narrows my window

e.g. poor sleep, noise, hunger, masking all day

What widens my window

e.g. rest, safe people, routines, accommodations

MY WAY BACK

First aid that works for me. Plan it on a calm day.

From above **bring energy down**

e.g. a long, slow out-breath, or cold water

From below **bring energy gently up**

e.g. stand up and move, or taste something sour