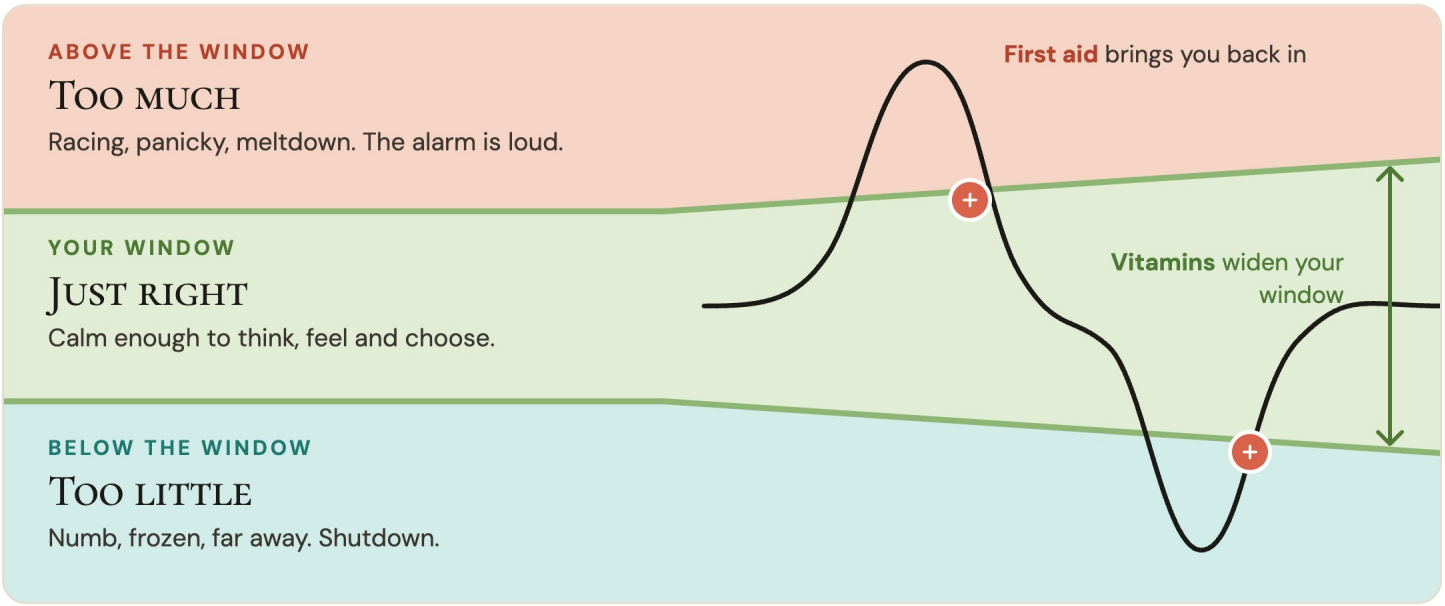
START HERE

The window of *tolerance.*

The zone where you can think, feel and respond. Everyone drifts in and out of it.

1 Know your three zones



2 Why ND brains feel it more

- **Narrower window.** Sensory, social and masking load fill it fast.
- **Late signals.** Body cues can arrive after you are already outside.
- **Not a choice.** Meltdowns sit above, shutdowns below. Both protect you.

3 Find your way back

Too much? Bring energy down.

Long slow exhale · cold water · deep pressure · less input

Too little? Bring energy gently up.

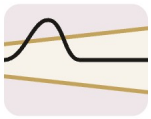
Stand and move · sour taste · music · name 5 things you see

The idea comes from Dr. Daniel J. Siegel, *The Developing Mind* (1999), later expanded by Ogden, Minton and Pain (2006). More on the back.

Continued on back: go deeper →

FIND *your window.*

Take these slowly: on your own, in a session, or with someone you trust. There are no wrong answers, and "I'm not sure yet" counts.



1 *What am I like when I am inside my window? What helps me notice I am there?*

2 *What are my first signs of rising above it? And of sliding below it?*

3 *What narrows my window most: sleep, hunger, sensory load, masking?*

4 *What brings my energy down when I am above, and gently up when I am below?*

5 *Which supports, people or accommodations could widen my window?*

↕ **Neither zone is a failure.** Going above or below the window is your nervous system trying to protect you. This week, try checking in a few times a day: above, in, or below?

You may hear shutdown explained through polyvagal theory (Stephen Porges). It is popular in therapy, though some of its claims are debated by researchers.