

Window of Tolerance Worksheet

Name: _____

The window of tolerance is a concept that describes the optimal emotional state in which individuals can effectively manage stress and respond to challenges. Coined by Dr. Dan Siegel, it represents a range of emotional arousal where a person feels calm, alert, and capable of processing experiences without becoming overwhelmed.

UNDERSTANDING YOUR WINDOW OF TOLERANCE

What are signs that you are in your window of tolerance?

What triggers may cause you to go into a state of hypoarousal?

What are signs you are in a state of hypoarousal?

What triggers may cause you to go into a state of hyperarousal?

What are signs you are in a state of hyperarousal?

EXPANDING YOUR WINDOW OF TOLERANCE

What are your current coping strategies to return to your window of tolerance when you are hypoaroused?

What are your current coping strategies to return to your window of tolerance when you are hyperaroused?

What are new techniques you can try to return to your window of tolerance when you are hypoaroused or hyperaroused?

ADDITIONAL NOTES

Specify below: