

Window of Tolerance Worksheet

Step 1 - Identify your arousal state

Check all the symptoms that apply and identify your arousal state.

**Hyperarousal
(too high)**

Optimal arousal

**Hypoarousal
(too low)**



- Racing thoughts
- Racing heartbeat
- Irritability
- Difficulty concentrating
- Sleeping problems
- Constant anxiety

- Feeling calm and focused
- Ability to think clearly
- Balanced emotions
- Engaged in the present moment

- Feeling numb or detached
- Lack of energy
- Difficulty initiating tasks
- Memory difficulties

Your current arousal state is : _____

Step 2 - Identify triggers

List all situations and events that push you out of your window of tolerance :

Step 3 - Manage or Expand Your Window

Write down coping skills you use to manage or expand your window (both healthy and unhealthy). Rate them from 1 to 5.

Now, brainstorm new healthier or more effective coping skills that you could apply in these type of situations.