

Window of Tolerance Worksheet

You can use this checklist to identify the symptoms you experience. Recording the severity of symptoms may help you or a clinician to monitor any progress after therapeutic intervention. This is not a diagnostic tool.

HYPERAROUSAL

- ☐ Anger/rage
- ☐ Chaotic response
- ☐ Defensiveness
- ☐ Addictions
- ☐ Lack of emotional safety
- ☐ Impulsivity
- ☐ Hyper-vigilance
- ☐ Emotional outbursts
- ☐ Physical aggression

- ☐ Tension
- ☐ Rigidness
- ☐ Shaking
- ☐ Over-eating
- ☐ Intrusive imagery/flashbacks
- ☐ Obsessive thoughts/behaviour
- ☐ _____
- ☐ _____
- ☐ _____

HYPOAROUSAL

- ☐ No display of emotions
- ☐ Numbness
- ☐ Shutting down
- ☐ Can't say, "no"
- ☐ Memory loss
- ☐ Decreased reaction

- ☐ Reduced physical movement/freezing
- ☐ Inability to defend oneself
- ☐ Auto-pilot response
- ☐ _____
- ☐ _____
- ☐ _____



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Below are some ideas of how to expand your window of tolerance. You can mark off the ones you've tried and make comments about how helpful they've been. Feel free to add anything that you feel helps you to cope better with the symptoms.

EXPANDING MY WINDOW OF TOLERANCE



- | | |
|--|--|
| <input type="checkbox"/> Body scan meditations | <input type="checkbox"/> Listening to music |
| <input type="checkbox"/> Exercise | <input type="checkbox"/> Clearing my space |
| <input type="checkbox"/> Developing healthy sleep habits | <input type="checkbox"/> relaxation/downtime |
| <input type="checkbox"/> Breathing techniques | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Therapy | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Self-soothing techniques | <input type="checkbox"/> _____ |



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