My window of tolerance

Your own signs of being above or below your window, and what brings you back.

Name _____ Date _____

Above my window

How I know I am there (body, thoughts, behaviour)

Inside my window

What I am like when I am steady

Below my window

How I know I am there (body, thoughts, behaviour)

What brings me down from above

Slowing, cooling, grounding

What brings me up from below

Movement, sensation, contact

What makes my window smaller

- [ ] Tiredness
- [ ] Alcohol
- [ ] Conflict
- [ ] Certain dates
- [ ] Pain
- [ ] Hunger

What makes my window bigger

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