WINDOW OF TOLERANCE
AWARENESS WORKSHEET
Identify, recognize the symptoms you experience and build awareness

For HYPERAROUSAL, check all the symptoms you experience and enter the level of severity from 1 to 5 (one is the least severe and five is extreme and paralyzing):

- Abnormal state of increased responsiveness
- Feeling anxious, angry and out of control
- You may experience wanting to fight or run away

○ __ Anxiety
○ __ Impulsivity
○ __ Intense Reactions
○ __ Lack of Emotional Safety
○ __ Hyper-Vigilance
○ __ Intrusive Imagery
○ __ Tension
○ __ Shaking
○ __ Rigidness

○ __ ____________________________ ○ __ ____________________________

○ __ Addictions
○ __ Over-Eating
○ __ Obsessive Thoughts/Behaviour
○ __ Emotional Outbursts
○ __ Chaotic Responses
○ __ Defensiveness
○ __ Racing Thoughts
○ __ Anger/Rage
○ __ Physical and Emotional Aggression

For HYPOAROUSAL, check all the symptoms you experience and enter the level of severity from 1 to 5 (one is the least severe and five is extreme and paralyzing):

- Abnormal state of decreased responsiveness
- Feeling emotional numbness, exhaustion, and depression
- You may experience your body shutting down or freeze

○ __ The feeling of being disconnected
○ __ No Display of Emotions
○ __ Auto-Pilot Responses
○ __ Memory Loss
○ __ Feign Death Response
○ __ Numbness
○ __ Disabled Cognitive Processing
○ __ Reduced Physical Movement

○ __ ____________________________ ○ __ ____________________________

○ __ Decreased Reactions
○ __ Shame/Embarrassment
○ __ Depression
○ __ Difficulty Engaging Coping Resources
○ __ Low Levels of Energy
○ __ Can’t Defend Oneself
○ __ Shutdown
○ __ Can’t Say No

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