

# WINDOW OF TOLERANCE: BUILDING AWARENESS

## I NOTICE I AM IN MY WINDOW OF TOLERANCE WHEN I...

*(reflect and write down what puts you in your optimal state; this could be self-care activities, connecting with people, doing something you enjoy or feel passionate about, self-soothe, etc.)*

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## MY WINDOW CLOSES WHEN I AM...

*(reflect and write down what things affect your window of tolerance, such as being hungry and tired, feeling lonely and isolated, in physical pain, scared, reminded of painful memories, etc.)*

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## THINGS I CAN DO WHEN I AM HYPERAROUSSED:

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## THINGS I CAN DO WHEN I AM HYPOAROUSSED:

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