

WINDOW OF TOLERANCE AWARENESS EXERCISE

Identify and recognize the symptoms you experience

Circle each symptom you experience. Enter the level of severity from 1 to 5 in the blank provided.

(1 is least severe, 5 is extreme and paralyzing)



HYPER-AROUSAL

Increased responsiveness. Feeling anxious, angry, or out of control. You may experience wanting to fight or run away.



HYPO-AROUSAL

Decreased responsiveness. Feeling emotional numbness, exhaustion, and depression. You may feel freeze or fawn.

___ Anxiety

___ Impulsivity

___ Feeling disconnected

___ Shame

___ Intense reactions

___ Lack of emotional safety

___ No display of emotions

___ Depression

___ Hyper-vigilance

___ Intrusive imagery

___ Auto-pilot responses

___ Numbness

___ Tension

___ Emotional outbursts

___ Doing whatever others want

___ Low energy

___ Rigidity

___ Addictions

___ Difficulty using a coping skill

___ Can't defend oneself

___ Over-eating

___ Obsessive thoughts/behaviors

___ Feign death response

___ Shutting down

___ Shaking

___ Chaotic responses

___ Reduced cognitive processing

___ Can't say no

___ Defensiveness

___ Racing thoughts

___ Reduced physical movement

___ Embarrassment

___ Anger/Rage

___ Physical/Emotional Aggression

___ Decreased reactions

___ Memory loss



This free handout is to help you recognize your window of tolerance and build awareness of your symptoms. You may use this for your personal use or copy it to share with others. Additional resources available—scan the QR code with your camera.

Contact us to have Dr. Kane speak at your school or conduct a parent night.

For additional mental health resources and information visit

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