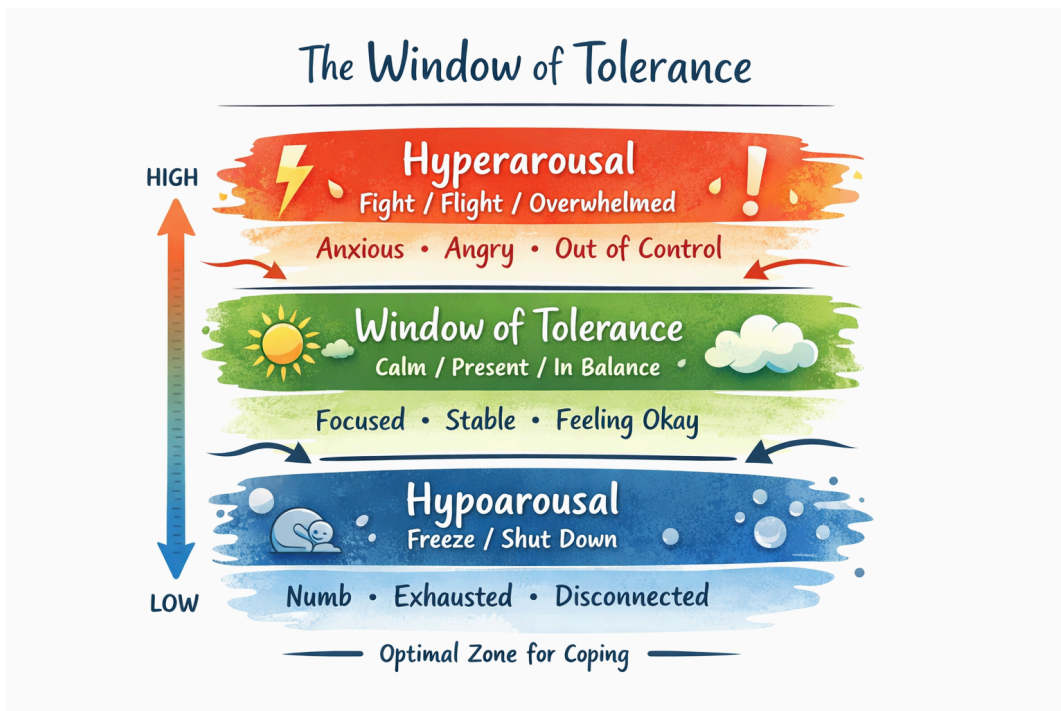


# Window of Tolerance Tracker

Navigating Emotional States with a Visual Guide

A tool to help you understand and navigate your emotional states.



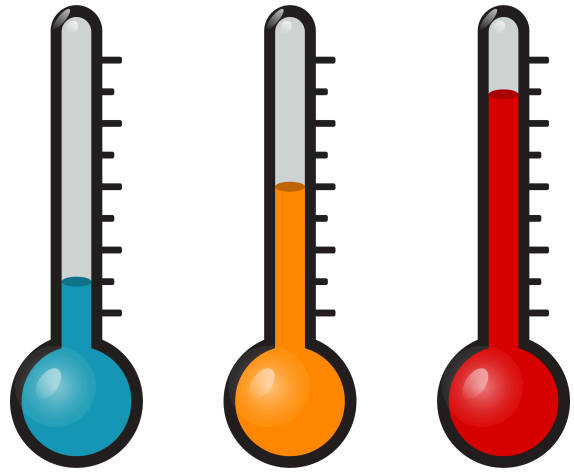
- Hyperarousal (Overwhelmed)
- Window of Tolerance (Balanced)
- Hypoarousal (Shut Down)

Tracking:

## Daily/Moment-Based Tracking

Date / Time: \_\_\_\_\_

- **Where am I right now?**
  - Hyperarousal (Overwhelmed)
  - Window of Tolerance (Balanced)
  - Hypoarousal (Shut Down)
- **What am I feeling?** \_\_\_\_\_
- **Body sensations:** \_\_\_\_\_
- **What triggered this state?** \_\_\_\_\_



Do it as many times as you need to check in with yourself throughout the day.

## Awareness & Reflection

### Signs I am Leaving My Window

- Early warning signals: \_\_\_\_\_

### Patterns I Notice

- Common triggers or feelings: \_\_\_\_\_
- 

## Regulation Tools Section

### When I Feel Overwhelmed (Hyperarousal), I Can:

- Breathing exercises (e.g. Box Breathing)
- Grounding techniques (e.g. 5-4-3-2-1 technique)
- Physical movement (e.g. Walking)

*Space to add your own strategies:*

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### When I Feel Shut Down (Hypoarousal), I Can:

- Gentle stretching
- Mindfulness practices
- Connecting with a friend

*Space to add your own strategies:*

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# Return to Balance Plan

What Helps Me Come Back to My Window?

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Support Systems I Can Reach Out To

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“Your nervous system can learn to return to balance—awareness is the first step.”

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*Print and use this worksheet as a daily guide to help track your emotional states and find balance. Remember, you are not alone, and your journey towards self-awareness is a powerful step forward.*