My window of tolerance

Notice when I am in my window, and when I leave it

Too much: hyperarousal

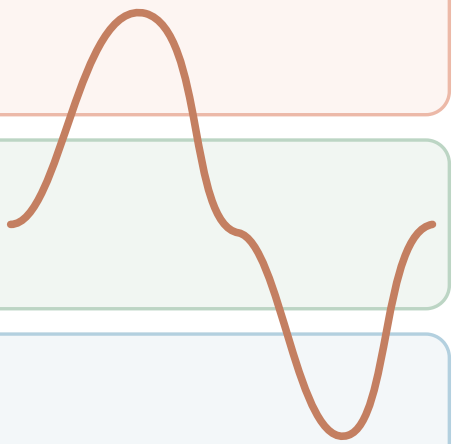
Panic, anger, racing heart, on high alert, can't settle

Window of tolerance

Present, able to think and feel at the same time

Too little: hypoarousal

Numb, foggy, shut down, far away, no energy



Zone	Signs in my body	Signs in my thoughts and actions	What helps me come back
Too much			
In my window			
Too little			

Things that widen my window over time (sleep, routine, people, movement)

Name _____ Date _____

My grounding toolkit

Tick what works for me and add my own

Body

- [ ] Feet flat, press into the floor
- [ ] Cold water on hands or face
- [ ] Hold something with texture
- [ ] Stretch, walk or shake out

My own: _____

Mind

- [ ] Name colors or shapes in the room
- [ ] Count backward from 100 by 7
- [ ] Say the date and where I am
- [ ] Describe an object in detail

My own: _____

Soothing

- [ ] Slow breathing, longer out breath
- [ ] A favorite smell or song
- [ ] Wrap in a blanket
- [ ] Text or sit with a safe person

My own: _____

Grounding I can do in public without anyone noticing

Items for a small grounding kit (bag, car, desk)

Tool I tried	Where	Distress before 0 to 10	Distress after 0 to 10	Keep it?

L&T

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Fillable PDF, 20 pages: window of tolerance, fight, flight, freeze and fawn, trigger map, 5 senses grounding, grounding toolkit, calm place planner, sleep and nightmare log, beliefs after trauma, circles of support and a coping plan for hard moments

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