

Understanding My Window of Tolerance

A gentle space to notice patterns in your body and wellbeing without judgement. Use only the sections that feel useful.

What does feeling regulated look like for me?

What tells me I am becoming overwhelmed?

What tells me I am beginning to shut down?

Which situations move me outside my comfortable zone?

What helps when I am becoming activated?

What helps when I feel disconnected?

Who can support me with regulation?

One early action I can take is...