

Window of Tolerance



Workbook



Window of Tolerance

Finding Balance in Recovery & Healing

The window of tolerance is the zone where your mind and body can handle life without flipping into fight, flight, freeze, or fawn.

- Inside the window: you can feel, think, and respond clearly.
- Outside the window: survival mode takes over, and reactions can feel overwhelming.

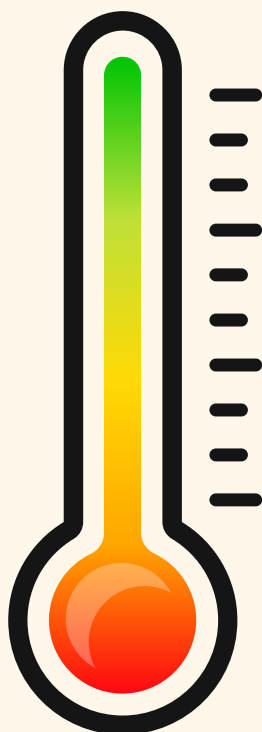
Everyone's window is different. Stress, trauma, addiction, or even lack of sleep can shrink it. Healing, therapy, recovery tools, and supportive connections can widen it. I say this often because they work, and I'm living proof.



Window of Tolerance

Think of it like your emotional thermostat. Too hot (hyper), too cold (hypo), or just right (window).

This workbook is your guide to noticing, mapping, and gently stretching your window so recovery and healing feel less like white-knuckling and more like living.



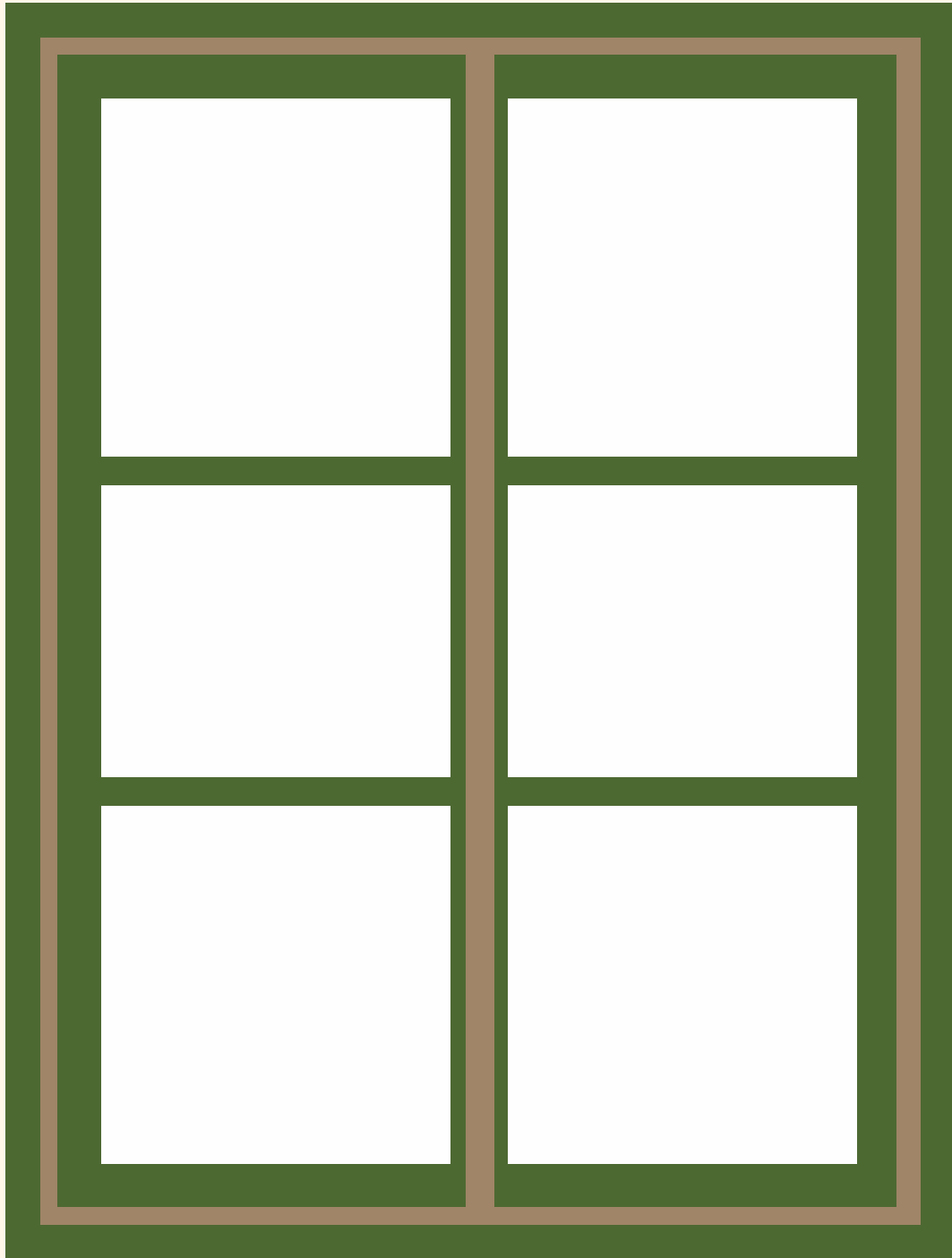
Your Window

On the next page, color in your window! Use your favorite color for the middle zone, and choose colors for your 'too high' and 'too low' states. Doodle, shade, or even add stickers.

- o Top = Hyperarousal (fight/flight: anxiety, anger, racing thoughts)
- o Middle = Window (calm alert: grounded, connected, focused)
- o Bottom = Hypoarousal (freeze/shutdown: numb, flat, checked-out)



Your Window



SPOTTING *My Signs*

FILL YOUR ANSWERS IN BELOW

Inside Window:

I feel:

My body feels:

My thoughts sound like:

Hyperarousal:

I feel:

My body feels:

My thoughts sound like:

Hypoarousal:

I feel:

My body feels:

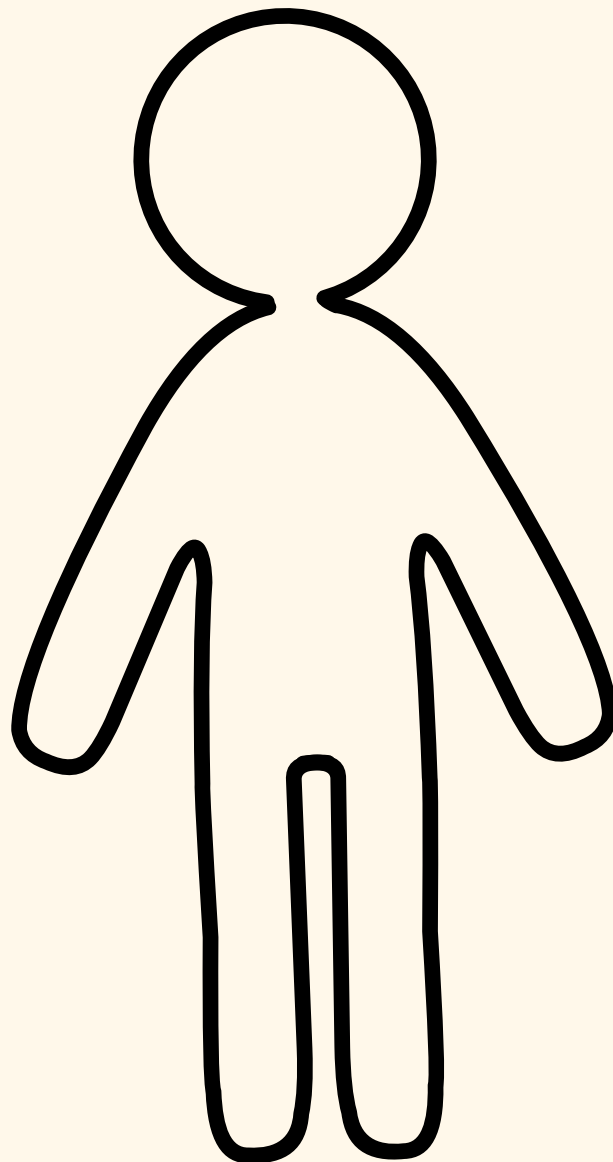
My thoughts sound like:

Notes:



Body Scan Coloring Exercise

Shade in the places you feel tension, energy, or numbness when you're inside, above, or below your window.



Body Scan Reflection

What surprised you?

What parts of your body ask for attention when you're out of your window?



Body Scan Reflection

Over the next week, jot down at least three examples. Notice any patterns.

Trigger	My Immediate Reaction	Where I Was (Hyper Hypo Window)	Tool That Helped



ANCHOR *Tool Bank*

WHAT TOOLS HELP YOU?

EXAMPLES:

- O HYPER HELPERS: DEEP BREATHING, COLD WATER SPLASH, GROUNDING WITH 5 SENSES.
- O HYPO HELPERS: WALK OUTSIDE, UPBEAT MUSIC, CONNECTING WITH A FRIEND.

Hyperarousal
Helpers

Hypoarousal
Helpers

Notes:



EXPANDING THE WINDOW

What activities or relationships naturally widen your window?"

People who help me feel safe

Environments that calm me

Activities that energize me

What's one small thing I can
add this week to stretch my
window a little wider

Reflection

Notes



THOUGHT DETECTIVE

Cognitive exercise:

- o Write down a thought you notice when you're outside your window.
 - o Place it in the category it belongs to Hyper or Hypo.
 - o Question it: "Is this thought true? Is it helpful? What's a gentler replacement?"
- Example: "I'll never get through this." → Replace with: "I've gotten through before; I can use my tools."

Hyper

Hypo



Scenario Practice

Imagine these scenarios. Where would you land (Hyper, Hypo, or Window)?”

1. Your partner forgets to text back for an hour.
2. You get unexpected feedback at work.
3. A friend cancels plans at the last minute.

Reflection: “What tool could you use in each case to move closer to your window?”



My Window Story

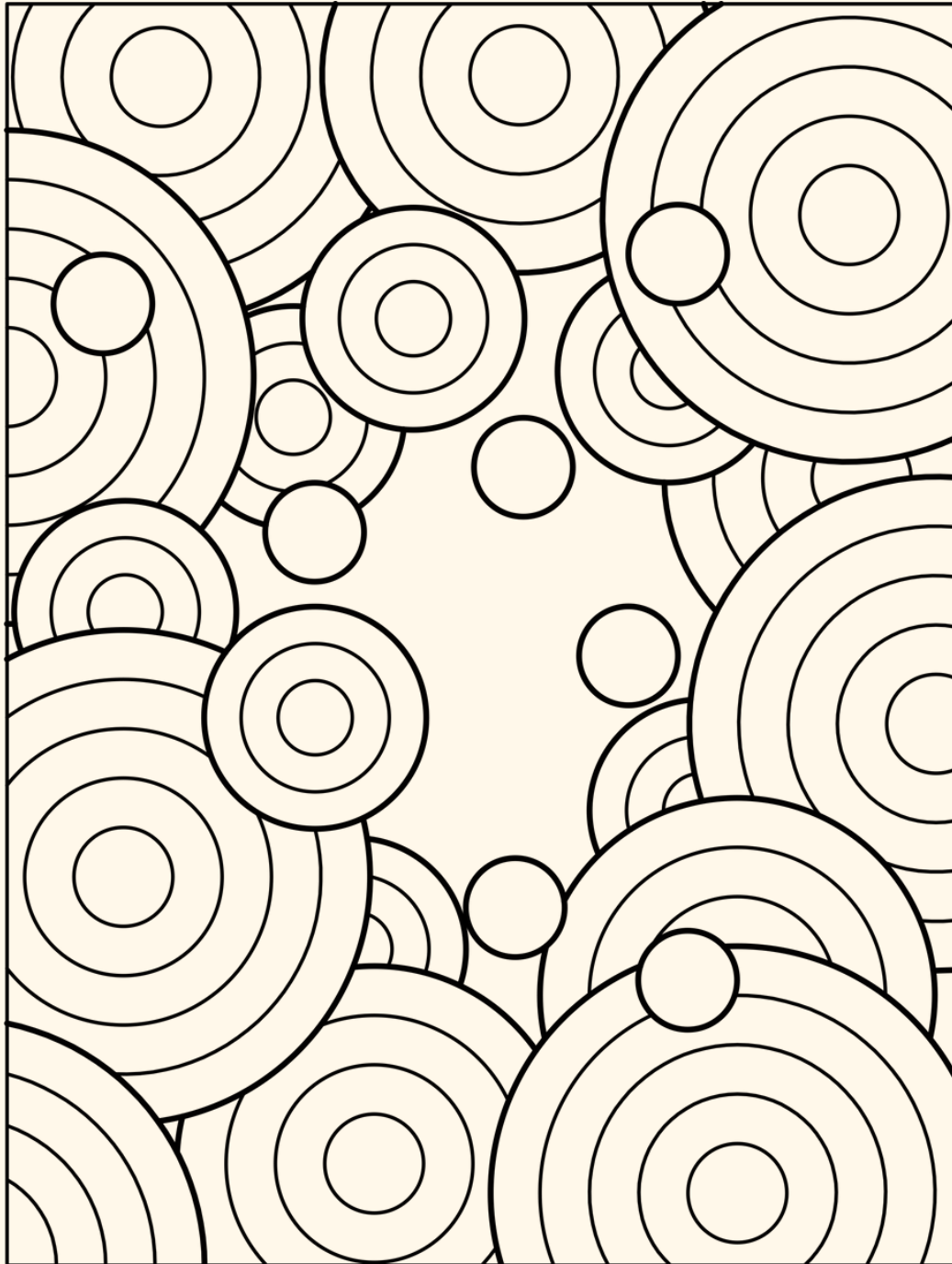
Guided journaling prompts:

- o “The first time I noticed leaving my window was...”
- o “One strength I have that helps me return is...”
- o “If I could send my nervous system a thank-you note, it would say...”



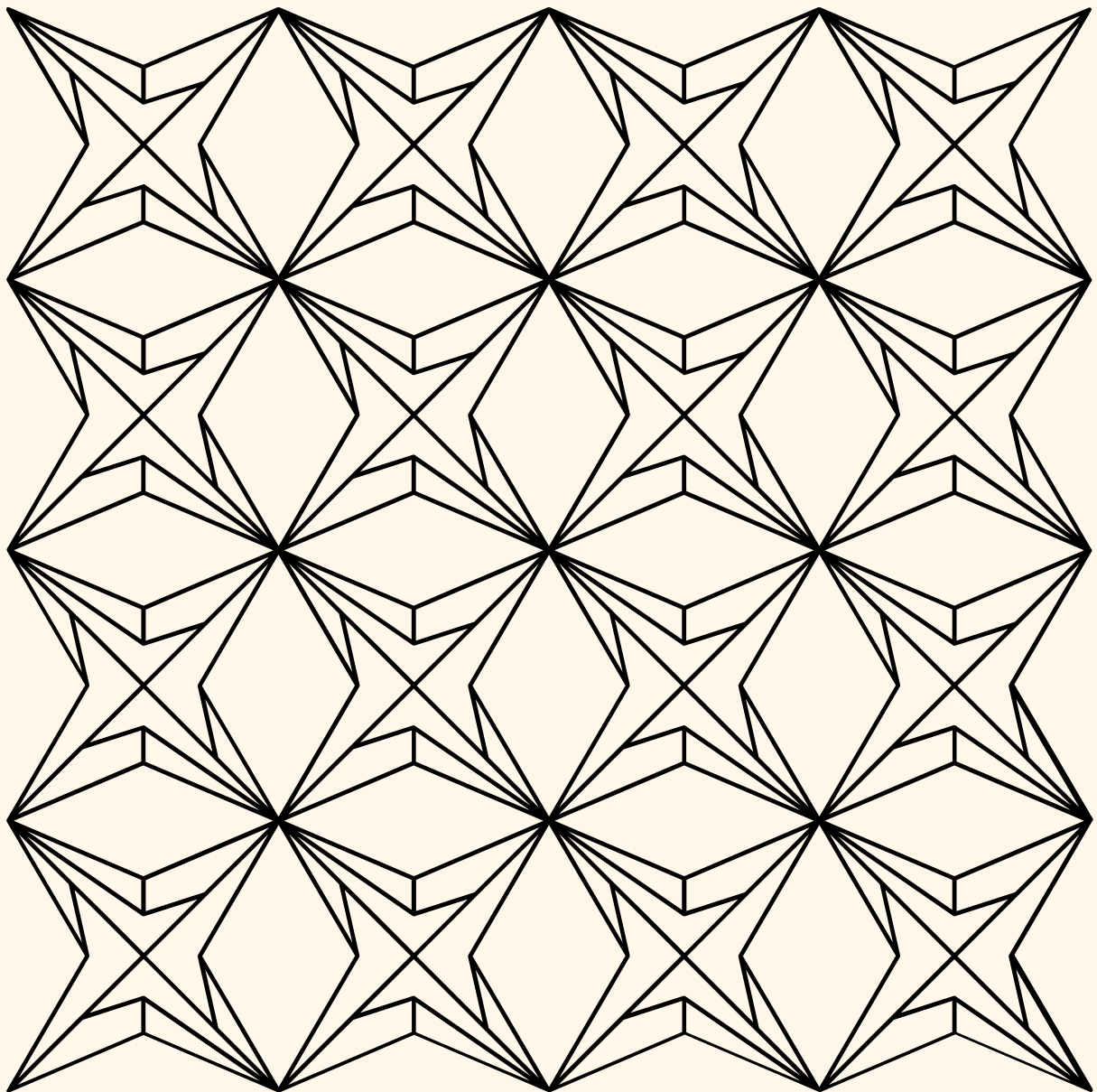
Coloring Break

Coloring is regulation too. No rules, no pressure,
just enjoy...and breathe



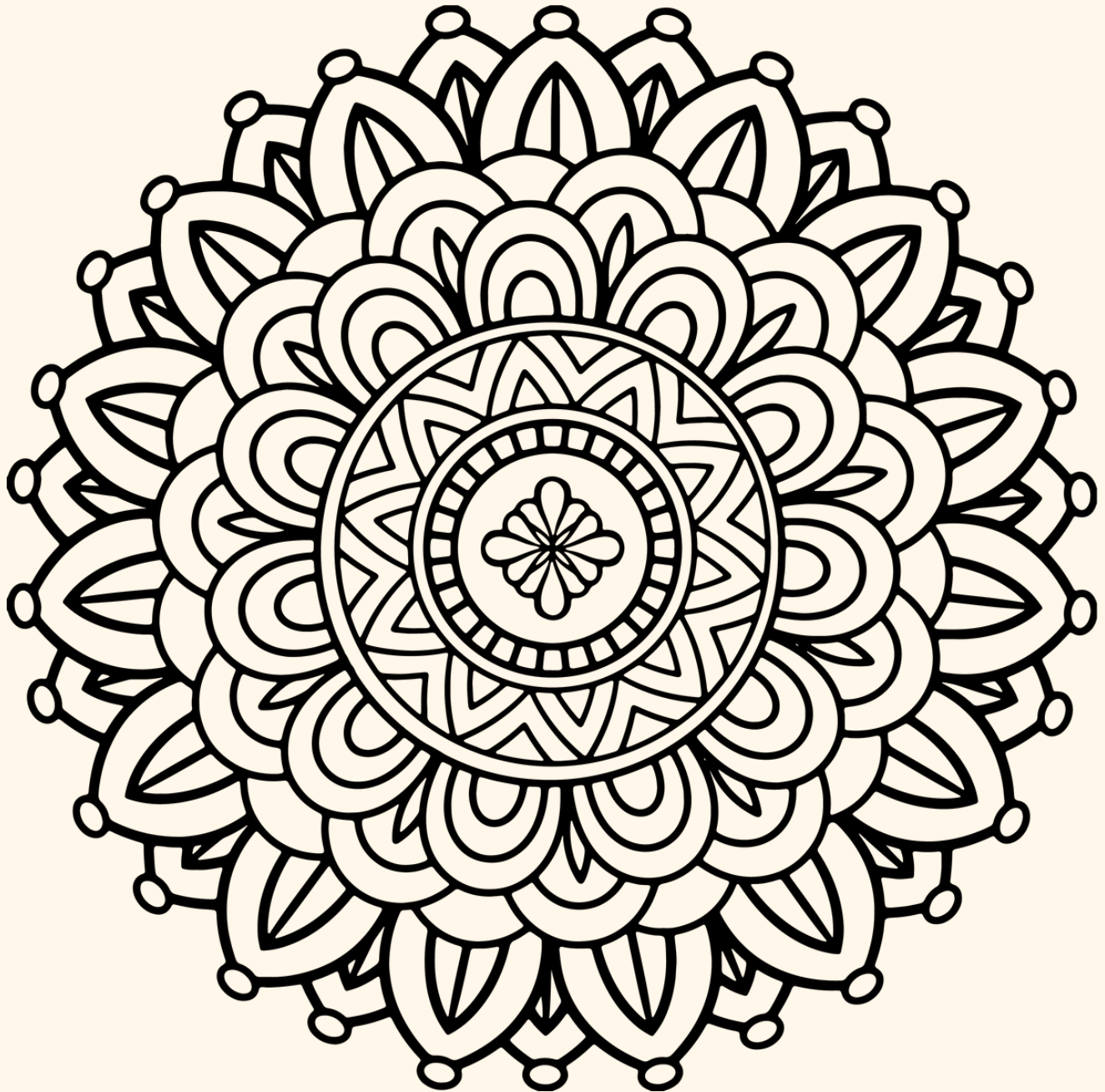
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PRACTICE *Plan*

FILL YOUR ANSWERS IN BELOW

This week, I'll practice
noticing my window
when...

One tool I'll try is...

Someone I'll share my
practice with is...

Notes:



Final THOUGHTS

Think of your window like a muscle. Stress and trauma may shrink it, but with practice, tools, and support, it stretches. Some days it'll feel wide open, other days it may feel tight, but both are normal. What matters is that you keep showing up, because that's how your window gets stronger.

Sending you strength and
healing vibes, always
Laura



Share Your Thoughts!

If you'd like, feel free to email me your reflections or ask any questions. I love hearing from my readers and I'm here to support you in your journey:
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