

WINDOW OF TOLERANCE AWARENESS WORKSHEET

Identify, recognize the symptoms you experience and build awareness



For **HYPERAROUSAL**, check all the symptoms you experience and enter the level of severity from 1 to 5 (one is the least severe and five is extreme and paralyzing):

- *Abnormal state of increased responsiveness*
- *Feeling anxious, angry and out of control*
- *You may experience wanting to fight or run away*

HYPERAROUSAL

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|-----------------------|---|--------------------------|-----------------------|---|-----------------------------------|
| <input type="radio"/> | — | Anxiety | <input type="radio"/> | — | Addictions |
| <input type="radio"/> | — | Impulsivity | <input type="radio"/> | — | Over-Eating |
| <input type="radio"/> | — | Intense Reactions | <input type="radio"/> | — | Obsessive Thoughts/Behaviour |
| <input type="radio"/> | — | Lack of Emotional Safety | <input type="radio"/> | — | Emotional Outbursts |
| <input type="radio"/> | — | Hyper-Vigilance | <input type="radio"/> | — | Chaotic Responses |
| <input type="radio"/> | — | Intrusive Imagery | <input type="radio"/> | — | Defensiveness |
| <input type="radio"/> | — | Tension | <input type="radio"/> | — | Racing Thoughts |
| <input type="radio"/> | — | Shaking | <input type="radio"/> | — | Anger/Rage |
| <input type="radio"/> | — | Rigidity | <input type="radio"/> | — | Physical and Emotional Aggression |
| <input type="radio"/> | — | ----- | <input type="radio"/> | — | ----- |
| <input type="radio"/> | — | ----- | <input type="radio"/> | — | ----- |



For **HYPOAROUSAL**, check all the symptoms you experience and enter the level of severity from 1 to 5 (one is the least severe and five is extreme and paralyzing):

- *Abnormal state of decreased responsiveness*
- *Feeling emotional numbness, exhaustion, and depression*
- *You may experience your body shutting down or freeze*

HYPOAROUSAL

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| <input type="radio"/> | — | The feeling of being disconnected | <input type="radio"/> | — | Decreased Reactions |
| <input type="radio"/> | — | No Display of Emotions | <input type="radio"/> | — | Shame/Embarrassment |
| <input type="radio"/> | — | Auto-Pilot Responses | <input type="radio"/> | — | Depression |
| <input type="radio"/> | — | Memory Loss | <input type="radio"/> | — | Difficulty Engaging Coping Resources |
| <input type="radio"/> | — | Feign Death Response | <input type="radio"/> | — | Low Levels of Energy |
| <input type="radio"/> | — | Numbness | <input type="radio"/> | — | Can't Defend Oneself |
| <input type="radio"/> | — | Disabled Cognitive Processing | <input type="radio"/> | — | Shutdown |
| <input type="radio"/> | — | Reduced Physical Movement | <input type="radio"/> | — | Can't Say No |
| <input type="radio"/> | — | ----- | <input type="radio"/> | — | ----- |
| <input type="radio"/> | — | ----- | <input type="radio"/> | — | ----- |