

WINDOW OF TOLERANCE

WE WANT TO INCREASE HOW LONG WE CAN STAY IN THE YELLOW BOX, AND HOW FAST WE CAN RETURN TO IT



FRANTIC
CRYING
TALKING FAST
SHOUTING
ANGRY
HITTING

HYPERAROUSAL



CALM
HAVING FUN
CAN PLAY TOGETHER
FEEL SAFE
HAPPY
CAN PAY ATTENTION



HYPOAROUSAL

FEELS LOW OR SAD
SHUT-DOWN
NUMB
MOODY
UNMOTIVATED
WANTS TO BE ALONE

**YOUR THOUGHTS, FEELINGS AND BEHAVIOURS
MIGHT BE DIFFERENT AT EACH STAGE.
FOR EXAMPLE, YOUR BOXES MIGHT LOOK LIKE**

THOUGHTS

**I HATE YOU
THIS IS UNFAIR I
HATE MYSELF
WHY ME**

FEELINGS

**DISTRESSED
ANGRY
FRUSTRATED
HURT**

BEHAVIOURS

**HIT OR KICK
SHOUT OR SWEAR
ACT FAST
REACTIVE**

THOUGHTS

**THIS IS FUN
I LIKE THIS
I ENJOYED THAT I
FEEL SAFE**

FEELINGS

**CALM
CONTENT
RELAXED
HAPPY**

BEHAVIOURS

**TALKATIVE
LAUGH
WATCH TV
PLAY**

THOUGHTS

**THIS IS TOO MUCH
I CAN'T COPE
THERE'S NO HOPE I
FEEL OUT OF IT**

FEELINGS

**OVERWHELMED
SAD
LOW IN MOOD
NUMB**

BEHAVIOURS

**DISTRACT SELF
HURT SELF
ISOLATE SELF
SHUT-DOWN**

CAN YOU FILL IN THESE BOXES WITH WHAT IT IS LIKE FOR YOU?

THOUGHTS

FEELINGS

BEHAVIOURS

THOUGHTS

FEELINGS

BEHAVIOURS

THOUGHTS

FEELINGS

BEHAVIOURS