



“ The Window of Tolerance has fundamentally shifted the way that I work. Not only is it a moment-by-moment tool, but it’s also a way to understand difficult and challenging emotions.

When people are outside of their window, the only way to help them in that moment is to offer strategies to ground and reset.”

- Marlene O’Neill Laberge, MSW, TEND Associate

THE WINDOW OF TOLERANCE >>

A useful tool for noticing, monitoring, and communicating the normal “ups and downs” of our emotions.

Throughout your day, pause and ask yourself:
“Where am I in my window?”

EMOTIONAL AROUSAL



HYPERAROUSAL

In this band, we may feel anxious, frustrated, angry, or overwhelmed. These reactions are indicative of the fight or flight response.



THE SWEET SPOT

When we are in our sweet spot, we feel calm, alert, engaged, and present. This is where we are the best version of ourselves.



HYPOAROUSAL

In this band, we may feel passive, depressed, helpless, or numb. These reactions are indicative of the freeze response.

Adapted from Siegel (1999) & Ogden & Minton (2002)