

The Window of Tolerance



A useful tool for noticing, monitoring,
and communicating emotional dysregulation

The Window Of Tolerance

“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

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

EMOTIONAL AROUSAL



HYPERAROUSAL

In this zone, we may feel anxious, angry, or overwhelmed. It is like our system goes into overdrive—it can be hard to focus or stay calm.



OPTIMAL ZONE

In this zone, we feel present, balanced and capable of facing whatever lies ahead. We can think clearly, manage our emotions, and stay connected to ourselves and others.



HYPOAROUSAL

In this zone, we may feel numb, disconnected, or passive. It is like our system starts to shut down—it is hard to get going or even feel much at all.