

Window of Tolerance Scale

Understanding your nervous system responses and how they change is one of the first steps in growing your nervous system capacity. Choose a stressor you would like to explore, and describe how your response progresses from the lowest possible level (1) to the highest possible level (10). Also include what can support you or what you need to meet this challenge.

Stressor:

1	2	3	4	5	6	7	8	9	10
Thoughts & feelings			Thoughts & feelings			Thoughts & feelings			
Symptoms / body sensations			Symptoms / body sensations			Symptoms / body sensations			
What might support me? Include self-care practices and possible action steps.			What might support me? Include self-care practices and possible action steps.			What might support me? Include self-care practices and possible action steps.			