

# BUILDING STABILITY AND CALM



self assessment:

## WINDOW OF TOLERANCE

Take a moment to reflect on where you might be sitting in your window of tolerance. Or maybe you are out of it... Below is a self-rating exercise that explores your experience of Hyper-arousal, Hypo-arousal and you within your Window of Tolerance.

This self-rating checklist might indicate to you what you already know or give you insight and new language to your experiences. If you would like support to build strategies and understanding on how to widen your Window of Tolerance, Join us in our Online Series – Finding Stability and Calm.

**There is NO scoring for this assessment. It is purely a self-rating exercise for self-awareness and self-reflection.**

**Hyperarousal:** Hyperarousal refers to a state of heightened physiological and psychological arousal, often characterized by increased alertness, hypervigilance, and a heightened startle response.

Please rate your experience on a scale of 1 to 5,		VERY OFTEN	OFTEN	SOMETIMES	RARELY	NEVER
		5	4	3	2	1
1.	Anxiety					
2.	Hypervigilance					
3.	Impulsiveness					
4.	Emotional outbursts					
5.	Racing thoughts					
6.	Defensiveness					
7.	Tension					
8.	Intrusive thoughts					
9.	Difficulty falling asleep					
10.	Difficulty concentrating					
11.	Irritability or outbursts of anger					
12.	Increased heart rate					
13.	Physical symptoms such as sweating, trembling or feeling jumpy					



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**Window of Tolerance:** The window of tolerance is a concept used in psychology to describe the optimal state of arousal in which an individual is able to effectively cope with stressors and regulate emotions. When within this window, individuals can manage daily challenges without becoming overwhelmed or dissociated.

Please rate your experience on a scale of 1 to 5,		VERY OFTEN 5	OFTEN 4	SOMETIMES 3	RARELY 2	NEVER 1
1.	Grounded and calm					
2.	Present					
3.	Sense of belonging					
4.	Feeling a sense of control and empowered in daily life					
5.	Can handle life stressors					
6.	Feeling curious					
7.	Comfortable with vulnerability					
8.	Feeling competent					
9.	Openness to emotions					
10.	Self-disciplined					
11.	Ability to think clearly and make decisions					
12.	Flexibility in responding to challenges					
13.	Capacity to regulate emotions					
14.	Engage in self-care activities and maintain a routine					
15.	Ability to communicate effectively with others					



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**Hypoarousal:** Hypoarousal is the opposite of hyperarousal and refers to a state of decreased physiological and psychological arousal. Individuals experiencing hypoarousal may feel emotionally numb, disconnected, lethargic, and have difficulty concentrating or engaging with their environment.

Please rate your experience on a scale of 1 to 5,

	VERY OFTEN 5	OFTEN 4	SOMETIMES 3	RARELY 2	NEVER 1
1. Depression					
2. Emotional numbness or disconnected					
3. Emptiness					
4. Feeling spaced out					
5. Low energy and lack of motivation					
6. Shutdown					
7. Fawn					
8. slow movement or speech					
9. Feeling lethargic					
10. Decreased heart rate or blood pressure					
11. Avoidance of social situations or activities					
12. Reduced sensitivity to pain or sensory stimuli					

### Next steps

If you are interested in learning techniques and strategies to help you return to your window of tolerance join us for our workshop series Finding Stability and Calm on the link below.

<https://centreself.com.au/the-resource-collective-group/>