

Window of Tolerance Worksheet

Understand Your Zones

- Green (Optimal Arousal): present, connected, able to think and feel.
- Yellow (Hyperarousal): anxiety, panic, anger, racing thoughts.
- Blue (Hypoarousal): numb, shut down, foggy, tired.

Personal Cues & Strategies

List your cues and the strategies that help you return to your window.

Zone	My Cues	What Helps
Green		
Yellow		
Blue		

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