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CLIENT WORKSHEET



COMPANION WORKSHEET

Window of Tolerance Awareness

Knowing your own signs is the first step to catching them early. Check each symptom you experience, then rate its severity from 1 to 5, where 1 is mild and 5 is extreme and hard to function through.

Hyperarousal

HIGH AROUSAL
FIGHT / FLIGHT

Too much activation. The body is braced for a threat: anxious, angry, out of control, wanting to fight or run.

CHECK THE SYMPTOMS YOU EXPERIENCE	SEVERITY 1–5		
☐	____	Anxiety	
☐	____	Impulsivity	
☐	____	Intense reactions	
☐	____	Lack of emotional safety	
☐	____	Hyper-vigilance	
☐	____	Intrusive imagery	
☐	____	Tension	
☐	____	Shaking	
☐	____	Rigidity	
☐	____		
☐	____		

☐	____	Addictions	
☐	____	Over-eating	
☐	____	Obsessive thoughts	
☐	____	Emotional outbursts	
☐	____	Chaotic responses	
☐	____	Defensiveness	
☐	____	Racing thoughts	
☐	____	Anger or rage	
☐	____	Aggression, physical or verbal	
☐	____		
☐	____		

Hypoarousal

LOW AROUSAL
FREEZE / SHUTDOWN

Too little activation. The system powers down to protect itself: numb, exhausted, disconnected, frozen.

CHECK THE SYMPTOMS YOU EXPERIENCE	SEVERITY 1–5		
☐	____	Feeling disconnected	
☐	____	No display of emotions	
☐	____	Auto-pilot responses	
☐	____	Memory loss	
☐	____	Feign-death response	
☐	____	Numbness	
☐	____	Disabled cognitive processing	
☐	____	Reduced physical movement	
☐	____		
☐	____		

☐	____	Decreased reactions	
☐	____	Shame or embarrassment	
☐	____	Depression	
☐	____	Difficulty using coping resources	
☐	____	Low levels of energy	
☐	____	Can't defend oneself	
☐	____	Shutdown	
☐	____	Can't say no	
☐	____		
☐	____		

MY EARLIEST WARNING SIGN

WHAT BRINGS ME BACK

Companion to the Window of Tolerance handout. Educational material, not a substitute for clinical care.