

My Window of Tolerance



Understanding and recognizing your symptoms when you leave your **Green Zone**, will help you to be better prepared to bring yourself back into it.

It can be helpful to be curious about what is happening and how you are feeling.

Over the next few weeks you could reflect on what you notice and fill in this form to help you.

I know that I am in my Red Zone because I (list your thoughts, feelings and behaviours)...
Other people know that that I am in my Red Zone because...
I know that I am in my Green Zone because I (list your thoughts, feelings and behaviours)...
Other people know that I am in my Green Zone because ...
I know that I am in my Blue Zone because (list your thoughts, feelings and behaviours)...
Other people know that I am in my Blue Zone because...
When I have been in the Red Zone in the past, what healthy coping skills have helped me to get back down into the Green Zone?
When I have been in the Blue Zone in the past, what healthy coping skills have helped get me back up into the Green Zone?