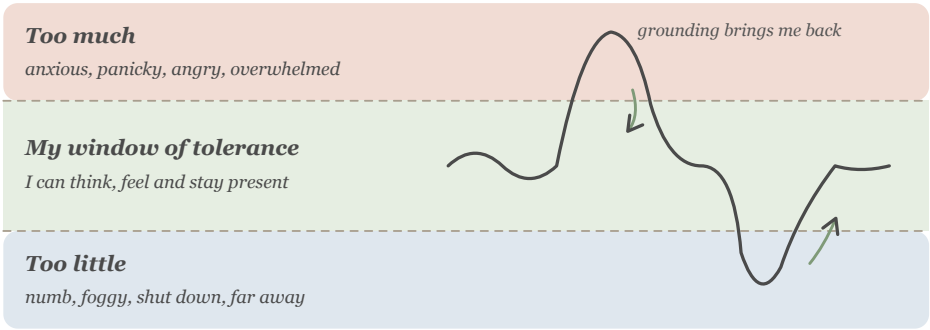
–LENSS–

My Window of Tolerance

Noticing when I am getting overwhelmed, and how to bring myself back.

Your **window of tolerance** is the zone where you can feel your feelings and still think clearly. When something stirs up old experiences, you might go above your window (into 'too much') or below it (into 'too little'). This is your nervous system trying to protect you. Grounding helps you come back into your window, and in EMDR we use it to keep processing at a manageable level.

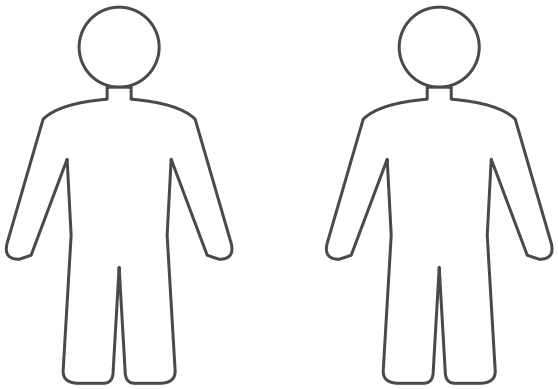


My signs

Above my window: too much	In my window	Below my window: too little
e.g. racing heart, snapping at people	e.g. steady breathing, can concentrate	e.g. feeling blank, heavy, far away

–LENSS–

Where I notice it in my body



When I feel stressed *When I feel calm*

Mark or colour in *where you notice:*

- *tension or tightness*
- *butterflies or buzzing*
- *heaviness or numbness*
- *calm or warmth*

My grounding toolkit

Try each one, then tick the ones that work for you.

☐ **5-4-3-2-1:** name 5 things you can see, 4 you can hear, 3 you can touch, 2 you can smell and 1 you can taste.

☐ **Feet on the floor:** press your feet down, notice the ground holding you, and say today's date and where you are.

☐ **Slow breathing:** breathe in for 4 and out for 6, letting the out-breath be longer.

☐ **Butterfly hug:** cross your arms over your chest, rest your hands below your collarbones, and slowly tap left, right, left, right while you breathe.

☐ **Cold or texture:** hold something cold, splash your face, or hold a smooth stone or soft fabric.

☐ **Move:** stretch, shake out your hands, or walk and notice each step.

☐ **Name it:** "I'm having a memory. That was then; this is now. I am safe in this room."

Coming back into my window

When I'm above my window, I can…	When I'm below my window, I can…

The window of tolerance was described by Dr Dan Siegel in *The Developing Mind* (1999). The butterfly hug was developed by Lucina Artigas and Ignacio Jarero.

"That was then. This is now."