

WINDOW OF TOLERANCE SCALE

Understanding your nervous system responses and how they change is one of the first steps in growing nervous system capacity. Choose a sign or symptom of nervous system dysregulation you would like to explore and describe how it progresses from the lowest possible level (1) to the highest possible level (10).

Sign or Symptom:

1	2	3	4	5	6	7	8	9	10
Thoughts			Thoughts				Thoughts		
Behaviors			Behaviors				Behaviors		
Symptoms / Physical Sensations			Symptoms / Physical Sensations				Symptoms / Physical Sensations		