

# Window of Tolerance Activity

Feeling anxious, angry or out of control



Situation

Body  
Feelings  
Sensations

ACTIONS What I did	Emotion Name
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Fight



Flight

What I need to feel better and balanced

## Feeling Comfortable Balanced



Situation

Body  
Feelings  
Sensations

ACTIONS What I did
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Emotion Name
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What I need to feel better and balanced

## Feelings shut down

Situation

Body  
Feelings  
Sensations

ACTIONS What I did
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Emotion Name
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What I need to feel better and balanced