

# Window of Tolerance: Fight

How does your body feel when you experience each emotion?

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## Hyperarousal (overwhelm, reactive)

Black out angry: \_\_\_\_\_

Rage: \_\_\_\_\_

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## Window of Tolerance (emotions are tolerable, able to think and feel)

Anger: \_\_\_\_\_

Frustration: \_\_\_\_\_

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|---|--------------------|---------------|
| • Churning stomach                        | • Airy             | • Radiating   |
| • Tightness (chest, shoulders, arms, jaw) | • Blocked          | • Sharp       |
| • Rapid heartbeat                         | • Burning          | • Shivery     |
| • Legs go weak                            | • Buzzy            | • Shuddering  |
| • Heat                                    | • Chills           | • Sore        |
| • Urge to use the toilet                  | • Clenched         | • Stiff       |
| • Sweatiness                              | • Dense            | • Suffocating |
| • Pounding head                           | • Dull             | • Sweaty      |
| • Racing thoughts                         | • Energized        | • Thick       |
| • Shaking                                 | • Fuzzy            | • Tight       |
| • Trembling                               | • Heavy            | • Tickly      |
| • Dizziness                               | • Goosebumps       | • Tingly      |
| • Numb                                    | • Itchy            | • Trembling   |
| • Seeing red                              | • Jerky            | • Twitchy     |
| • Tunnel vision                           | • Moist            | • Vibration   |
| • Tingling in core                        | • Jumbly           | • Warm        |
| • Breathing is shallow                    | • Knotted          | • Weak        |
| • Achy                                    | • Nauseous         | • Wobbly      |
|   | • Pins and needles |               |
|   | • Prickly          |               |
|   | • Puffy            |               |
|   | • Quaking          |               |