

# Window of Tolerance

## What is the Window of Tolerance?

Think about how you are feeling right now. I wonder which zone might describe you best.

☹️ The **RED ZONE** is when we feel the energy of anger, anxiety, frustration and fear, such as when someone cuts us up in traffic. We might over-react when we are in this zone and need to find ways to express anger safely and calm things down.

😊 The **GREEN ZONE** is where we are aiming to be, emotionally, as much as of the time as possible. This is where we generally feel quite calm and can manage minor irritations. We are able to make decisions and choose wisely. We can cope with our day, with relationships, and are capable of organising every day tasks. With practice, we can increase the amount of time we spend in the Window of Tolerance.

☹️ The **BLUE ZONE** is when we feel the need to shut down, withdraw and disappear under the duvet. We may struggle to reach out to people and lack any motivation to do anything. Perhaps we have been hurt or shamed, such as a doctor commenting negatively on our weight. We may want to hide away just at the time we most need to reach out to others.

If you would like to find out more, please email [hello@daretosoartherapy.com](mailto:hello@daretosoartherapy.com)

