

Generally, my window of tolerance is  to

When I'm  (stressed, etc.) my window of tolerance is  to .

When I'm \_\_\_ (in a good mood, etc.) my window of tolerance is  to .

My ideal level of stress (my sweet spot) is .

When I'm  (stressed, etc.) my sweet spot is .

When I'm  (in a good mood, etc.) my sweet spot is .