

Step Back and Assess

Date: _____

Regulation

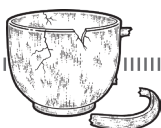
Select the questions that speak to you to reflect on.

What have you found most helpful in your journey to become a more regulated human? What have you noticed about your ability to stay regulated on a regular basis? What have you noticed about your ability to stay regulated in the moment when a trigger or difficult interaction is happening? How would you talk about the feeling of being regulated? We say regulated-to-regulated human interactions are more effective. What do you say? How has your regulation spilled over to others that you interact with? What regulating techniques or skills have you discovered beyond those in the “In the Moment” deck of cards?



Resilience Cup

How does a full resilience cup feel to you? What do you notice or feel when your resilience cup is starting to deplete? Have you been able to notice a depleted resilience cup in others? If so, what approaches have you suggested to them? What self-care practices have you found most helpful? Which have you not? How are you making self-care a regular practice?



Resilience Scale

