

In the Moment

Date: _____

Recognize dysregulation or being triggered. Know your signs.

Describe your emotions or what being triggered or dysregulated felt like in your body. What was happening with your heart rate, breathing, body temperature, and/or general sense of wellbeing?

Communicate what you were experiencing.

What words did you use or could you use to let others know you were either triggered or dysregulated? What non-verbal signals did/could you use?

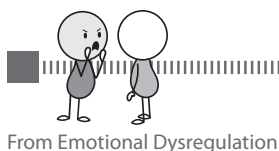
Regulate

Did you select a Calm, Care, Courage, or Connect card?
Which specific technique or skill did you select to try and why?

Notice

The following questions are provided as prompts. Answer those that are relevant to you.

What did you notice happening in your body (breath, heart rate, body temperature) as you practiced the regulating skill or technique you selected? What did you feel change or shift? How do you anticipate using the card if you selected it to prepare for an upcoming situation? How will this help you with a similar experience? What did you learn from this experience? What might you do the same or different next time?



Regulation Scale

