

Step Back and Assess

Date: _____

Regulation

Please select the questions that speak to you as you reflect on your journey to becoming a more regulated human.

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?

[illegible]

From Emotional Dysregulation

To Emotional Regulation

Resilience Cup

Please select the questions that speak to you as you reflect on your journey to becoming a human with a full resilience cup, on a more regular basis.

How does a full resilience cup feel to you? What do you notice or feel when your resilience cup is starting to deplete? What self-care practices have you found most helpful? Which have you not? How are you making self-care regular practice? What have you found challenging, if anything, in making self-care a regular practice? What is one thing you can do to remove or address that challenge? Have you been able to notice a depleted resilience cup in others? What self-care practices have you found most helpful to share with others?

[illegible]

From Feeling Depleted

Resilience Scale



To Feeling Strengthened