My Personal Regulation Plan

PRACTICE · KNOWING MY SIGNS, AND MY WAY BACK

A personal map for noticing where I am, and what helps me return to my range

Name _____ Date _____ Review by _____

01 My regulation map

from top to bottom: more activated to more shut down

ACTIVATED

When I'm becoming activated
what I notice in my body, thoughts and behaviour

EARLY SIGNS

Early warning signs of becoming activated
the first small signs that I'm becoming tense, wound up or on edge

come back

IN MY RANGE

How I know I'm regulated
how I feel, think and act when I'm in my range

come back

EARLY SIGNS

Early warning signs of shutting down
the first small signs that I'm slowing, numbing or pulling away

SHUTTING DOWN

When I'm shutting down
what I notice in my body, thoughts and behaviour

02 Finding my way back

what I can do, and what I can avoid

What helps me come back *when I'm activated*

What helps me come back *when I'm shutting down*

What makes things worse
situations, habits or responses that tend to push me further out

People and resources I can use
who or what I can turn to, and how to reach them

This plan works best when it is written in your own words and revisited from time to time. Everyone's signs and supports are different, and they can change.

SOURCES

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