

SELF-REGULATION BEFORE CO-REGULATION



WHAT HAPPENED?

HOW IS THIS MAKING YOU THINK & FEEL?

WHO HAS BEEN IMPACTED BY THIS AND HOW?

WHAT DO YOU NEED TO FEEL BETTER?

WHAT ARE THE POSSIBLE STEPS/SOLUTIONS YOU CAN TAKE TO REDUCE YOUR STRESS AND IMPROVE YOUR CAPACITY FOR EMPATHY AND COMPASSION?



WHAT ARE YOU FEELING TODAY?

CALM



©BRUCE PERRY - NEUROSEQUENTIAL MODEL

3 memorable things from the video

- 1 _____
- 2 _____
- 3 _____



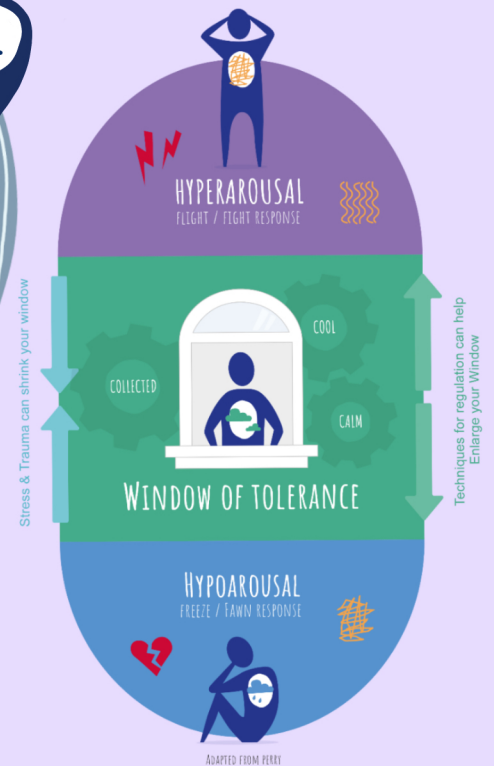
ROADMAP FOR MODULE STRESS

HOW DO WE RESPOND?

- ★ WHEN WE ARE FEELING VULNERABLE AND SENSITIVE?
- ★ HOW DOES THIS RESPONSE SHOW UP IN THE CHILDREN WE WORK WITH?
- ★ CAN YOU THINK OF A TIME WHEN A REACTION HAS BEEN DISPROPORTIONATE TO THE TRIGGER?

1

Window of Tolerance



2

3

Looking at the video on Relational Dosing by Bruce Perry:
What three things did you take from the video?

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