

> When I am feeling dysregulated and there has been a disruption, what regulatory resources and anchors do I need?

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| <p>1. I need time and space.
 Yes No Other (option explanation):</p> <hr/> <p>2. I need to talk to someone I trust.
 Yes No Other (option explanation):</p> <hr/> <p>3. I need to take deep breaths.
 Yes No Other (option explanation):</p> <hr/> <p>4. I need to move my body.
 Yes No Other (option explanation):</p> <hr/> <p>5. I need music, soothing sounds, calming rhythms.
 Yes No Other (option explanation):</p> <hr/> <p>6. I need to write my thoughts out.
 Yes No Other (option explanation):</p> <hr/> <p>7. I need to express myself through a form of art.
 Yes No Other (option explanation):</p> <hr/> <p>8. I need rhythm (pacing, cooking, walking, rocking, taking a drive in a car, knitting, crafting, drumming).
 Yes No Other (option explanation):</p> <hr/> <p>9. I need warmth (hold something warm, wrap up, etc.).
 Yes No Other (option explanation):</p> <hr/> <p>10. I need something cold (chewing on ice, ice pack, cold water).
 Yes No Other (option explanation):</p> <hr/> <p>11. I need to chew or crunch on something for regulation.
 Yes No Other (option explanation):</p> <hr/> | <p>12. I need to talk to myself out loud.
 Yes No Other (option explanation):</p> <hr/> <p>13. I need to vocalize (singing, humming, sighing, yawning).
 Yes No Other (option explanation):</p> <hr/> <p>14. I need a prayer or a spiritual affirmation.
 Yes No Other (option explanation):</p> <hr/> <p>15. I need my own space with a personal ritual (being with animals, a favorite mug, a favorite place to sit, a favorite view).
 Yes No Other (option explanation):</p> <hr/> <p>16. I need pressure or touch (self-hug, friend-hug, ear/head/hand massage).
 Yes No Other (option explanation):</p> <hr/> <p>17. I need something soft.
 Yes No Other (option explanation):</p> <hr/> <p>18. I need to be outdoors.
 Yes No Other (option explanation):</p> <hr/> <p>19. I need to cry.
 Yes No Other (option explanation):</p> <hr/> <p>20. I need to laugh.
 Yes No Other (option explanation):</p> <hr/> <p>21. I need this regulatory sensory practice:
 Yes No Other (option explanation):</p> <hr/> |
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