

Building a Self-Regulation Response Plan

Adapted from Dr. Sandra Bloom, *Restoring Sanctuary*



How do you know when you are so upset that you find yourself reacting vs. responding?



What are the situations when you most often "flip your lid"? Name four:

1. _____
2. _____
3. _____
4. _____



What will be your five-step plan for coping in a safe/healthy way and reconnecting?

1. _____
2. _____
3. _____
4. _____
5. _____