



THE REGULATOR CHEATSHEET

1. Conscious Breath:

Pause and Breathe

- Ground yourself with physical touch. Try placing one hand over heart and one hand below belly button with slightly firm pressure, holding hands together, or gently squeezing your arms in a 'hug' position.
- Take 3-5 full abdominal breaths in and out through your nose (or mouth if needed)

2. Awareness:

Tune-in

- Imagine turning your mind's eye inward and notice and name any physical sensations you're experiencing (ie. throbbing in head, scratchiness in throat)
- Name any emotions you're feeling in neutral, non-judgmental terms.

3. Compassion:

Validate and Reassure

- Validate your experience with a reassuring acknowledgment like *"This (emotion) is real and it's so (hard/exhausting)..."* or whatever best describes your experience.
- For greater comfort, you can add *"I'm sorry about what you're going through."*

4. Appreciation:

Affirm the good

- Using bilateral stimulation, affirm your okayness with *"I'm here. I'm breathing. I'm okay. I am okay."*

5. Optimism:

Activate the Positive

- Write down how you will take care of yourself today, then take one of those self-care actions. It can be any healthy activity that will give you a little boost.

THE REGULATOR IN SHORT

Below is a sample of what the Regulator might sound like as well as a space for you to create your own version.

	Steps	Sample Script
Step 1	Pause and Breathe for 3-5 full breaths	<i>Breathing slowly in and out</i>
Step 2	Tune in to what's going on internally	<i>"Heart pounding, afraid."</i>
Step 3	Acknowledge and Validate whatever you're feeling without judgement	<i>"This fear is real. It's real and it's exhausting."</i>
Step 4	Affirm the Good by appreciating the work you are doing for yourself	<i>"I'm breathing and my heart is beating."</i>
Step 5	Activate the Positive by writing and taking a self-care action	<i>Take a walk, do yoga, journal, make a healthy meal, etc.</i>

CREATE YOUR OWN SCRIPT

	Steps	Your Own Script
Step 1	Pause and Breathe	
Step 2	Tune-in	
Step 3	Acknowledge and Validate	
Step 4	Affirm the Good	
Step 5	Activate the Positive	