

Parent Regulation Plan

Your nervous system is part of the family system. Plan what you will do when you are activated.

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| ☐ Jaw / shoulders tense | ☐ Voice gets louder |
| ☐ I repeat myself | ☐ I lecture |
| ☐ I become sarcastic | ☐ I shut down |
| ☐ I rush to fix | ☐ I feel out of control |

MY EARLY WARNING SIGNS

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| ☐ Pause before responding | ☐ Lower my voice |
| ☐ Take 3 slow breaths | ☐ Drink water |
| ☐ Step away briefly if safe | ☐ Use fewer words |
| ☐ Name my feeling privately | ☐ Ask for co-parent support |

My regulation phrase

Examples: "I can be calm and firm." "I do not have to solve this in 30 seconds."

My repair plan if I lose my cool

What will I say or do to take responsibility and reconnect?
