

Co-Regulation & Self-Regulation

Coaching Gym:

1/ Coach asks client: “When you imagine taking your next step towards success, what comes up for you? (time their “story” for 2-3 mins MAX)

2/ Coach, as you listen, take a few deep breaths/ attend to your body and calm YOUR own body down so it’s softer, safer, and more balanced (you go first to lead the client invisibly).

3/ Ask the client, feel free to interrupt their talking: “Pause for a sec, am curious when you tune inwards into the body sensations beneath these thoughts, where is the contraction in your body? What number out of 10 is the intensity?” Get X/10 calibration to start.

4/The Coach asks the client to ”Put your attention in that area of your body (where sensations are strongest) and send loving awareness there in the form of white light.”

5/ Coach asks client: “Breathe deeply into that area in your body (3 deep breaths in, w/ double-length exhale out). I’ll do it with you.”

6/ Try some self-soothing strokes with them as well, along the outer arms, from shoulders down to elbows.

7/ Coach: Ask the client to give feedback & recalibrate body sensation intensity now X/10, “What number out of 10 do you feel in that area now?” (this “now” wording suggests the emotion number has changed) Get final calibration/ by checking X/10 one final time.