

2 Reactive Pattern Map & Regulation Practice Builder

Identify your top triggers, understand the reactive sequence, and design a personal regulation practice. Complete Section A on Day 2 and Section B on Day 3.

SECTION A – YOUR REACTIVE TRIGGERS

For each trigger, map the full sequence: what happens in your body, what thought fires, and what you typically do.

01

Trigger situation

PHYSICAL SIGNAL

AUTOMATIC THOUGHT

DEFAULT BEHAVIOUR

02

Trigger situation

PHYSICAL SIGNAL

AUTOMATIC THOUGHT

DEFAULT BEHAVIOUR

03

Trigger situation

PHYSICAL SIGNAL

AUTOMATIC THOUGHT

DEFAULT BEHAVIOUR

SECTION B – YOUR REGULATION PRACTICE

Choose one regulation practice to use this week.

Options: 6-second pause, box breathing, naming the emotion, reframing question, physical reset (standing, walking). Choose what feels natural – not what sounds impressive.

MY CHOSEN PRACTICE

WHEN I WILL USE IT

What will success look like after 7 days?

Not perfection. What is one moment where you would want to respond differently than your default?