

# Dr. Roseann's Guilt-to-Regulation Reset Sheet

A simple guide to shift from self-blame to calm.



## When You Feel Guilt Rising...

Say one short phrase:

- "It's not me. It's the nervous system."
- "We were both overloaded—that's all."
- "I'm learning. I can try again."

These stop the shame spiral before it hijacks your calm.

1

## Give Your Body a Quick Reset

Choose one action (30 seconds):

- Slow exhale
- Unclench jaw + drop shoulders
- Put a hand on your heart
- Step into another room for one breath

A regulated parent makes a regulated moment.

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## Re-enter With Calm Instead of Criticism

Say:

- "Let's try again together."
- "I'm here now."
- "We can figure this out when we're both calmer."

Repair > perfection.

3

## Remember This Truth

You didn't fail.  
You were dysregulated.  
And you can always reset.

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Small shifts create big change — the core of Regulation First Parenting™.