



Emotional Regulation, My Way

Strong emotions can arrive quickly and intensely. Regulation is about finding what helps your nervous system, not forcing feelings away.

Which emotions feel especially intense for me?

How do I notice emotions in my body?

What tends to increase emotional intensity?

What helps me feel grounded?

Does movement, pressure, quiet, music or sensory input help?

Do I need space or connection when upset?

What do I need people around me to understand?

One regulation strategy that works for me is...
