

Regulation Worksheet

Observed Patterns:

How would you describe your client's typical energy level (*constricted, highly aroused, fluctuating*)?

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When does this client seem *most* regulated / organised?

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When does this client seem *least* regulated? What situations seem to increase disorganisation and/or distress?

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What are the strategies your client is *already* using to support regulation? Consider both "healthy" strategies as well as adaptive but potentially unhealthy strategies.

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What might those strategies tell us about your client's energy state and regulation needs? (For instance – is this person looking to bring down high arousal? To escape all feelings? To feel powerful? To express him / herself to others? To feel present?)

Pick one or two examples and describe what the *need* might be:

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Strategies:

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Regulation Worksheet – Drawn from Attachment, Regulation, and Competency (ARC) – Blaustein & Kinniburgh, 2010, Kinniburgh & Blaustein, 2005