Stressors

External stressors most likely to cause dysregulation

Unmet Needs

Internal unmet needs (circle):
Physiological: hungry, tired, hot etc.
Safety: physical or psychological
Connection: love & belonging
Self-esteem: competence, respect, autonomy

CRISIS

Behaviours that challenge (dysregulation)

Regulating but sensitive to stressors

Escalation of distress

Prewarning of CRISIS

Signs of distress increasing

Signs of distress increasing

Early warning signs of distress

Co-regulation strategies

Self regulation strategies

Signs of regulation



Regulated What does it look like to feel regulated? Activities and behaviours which signal regulation.

Regulation Mapping Tool