

10 Curious Questions for Self-Regulation

- 1 What am I feeling in my body right now?
- 2 What could be triggering/bringing on this feeling?
- 3 What do I need from myself right now?
- 4 What do I need from others right now?
- 5 What has helped me in the past when I've felt this way?
- 6 What effective physical and mental self-regulation practices are available to me right now?
- 7 Is this something I need to address with myself, or with someone else?
- 8 How can I recognize this trigger in the future, and plan to mitigate its effects?
- 9 Is there a boundary I can set that will lessen the chances/frequency/intensity of this happening again?
- 10 What do I need to communicate to others now that I've re-regulated?