

## 10 Curious Questions to Support Someone in Dysregulation

*Remember to start in your mind by asking, "What's happening to you?", rather than, "What's wrong with you?"*

- 1 Would going to another room/space help you process \_\_\_\_\_?
- 2 Would you like advice/feedback or a supportive listening ear?
- 3 Can you explain it to me from your point of view?
- 4 How can I support your problem-solving process?
- 5 Is this a good time to take a break/pause and grab a tea/coffee/snack/water/etc.?
- 6 Would it be easier/more beneficial for us to go for a walk and talk about it?
- 7 How can I give you feedback in the way that supports you best?
- 8 How is your body feeling and what can we do to support a more comfortable space for you?
- 9 Is there a resource I can support you in finding?
- 10 How can I support you in this moment?