



THE REGULATION RING

Trauma-Informed Sentence Stems for De-escalation & Nervous System Triage.



IMMEDIATE SAFETY



You are safe. I'm here to help.

Right now, we need safety first. Problem-solving comes next.

I'm not going to argue with the storm. I'm going to help you steer through it.

Right now, my job is to help you feel safe and in control.

I hear that you are upset. I'm going to keep everyone safe.

I'm not here to win. I'm here to help.



DE-ESCALATION & ASSURANCE



**I can see this is hard
right now.**

**I'm not mad. I want to
help.**

**Let's help your body
feel safe first.**

**Your body looks like it is
trying to protect you.**

**I'm going to use a
calm voice.**

**I'm here. You are not
alone.**



HIGH ENERGY (THE ENGINE)



"It looks like your feelings are driving right now. Let's help your thinking brain get back in the driver's seat."

"Let's find a safe way to get the energy out."

"I can see your engine is revving. Let's slow it down together."

"You are not in trouble for having a fast brain. Let's help it slow down."

"Your body is telling me we need a quick pit stop."



HIGH ENERGY (BRAKES & STEERING)



**Your feeling is okay.
I'm here to help you
push the brakes.**



**Your brakes are having
a hard time. I can help
you find them.**



**Let's slow down so
you can choose your
next turn.**



**You are still the driver.
I'm just helping with
the road signs.**

We can get back on the road when your brain is ready.



LOW ENERGY (THE BATTERY)



I'm wondering if your brain battery is drained.



This is not a bad-kid moment. This is a low-battery moment.



When your battery is low, everything feels harder. Let's focus on recharging.



Your battery does not have to be full, but we need enough charge to make a safe choice.



Let's find one small thing that helps you recharge.



Your brain battery is drained. We can recharge before we solve it.



COGNITIVE GLITCH (THE STUCK BRAIN)



This looks like a brain glitch, not a bad choice yet. Let's reset.

Your brain hit a glitch. That happens. Let's try a reset.

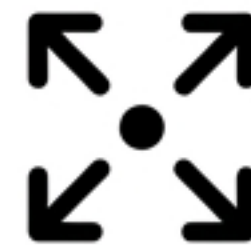
Your brain is stuck and glitching on the hard part. Let's unstick it together.

Let's do a quick recharge, then we'll come back to the problem.

Let's get your brain back online first.



BOUNDARIES & BIG FEELINGS



**I can see this feels
really big.**

**This feels really heavy
right now.**

**You can sit here, stand
there, or take two steps
back. Which feels better?**

**I'm going to step back
and give you room.**

**You do not have to explain
while you are crying.**

Would you like space or help?

**You can be mad.
mad. You cannot hurt
yourself, others, or property.**



TAKING SPACE & PAUSING



Take a minute. We'll solve it after.

Let's park for a minute before we keep going.

You can take a minute. I'll check back.

I'll wait. We have time.

We can figure this out after your body feels calm.

We will figure it out after your body settles.

We can talk when your body is ready.



SILENCE & ALTERNATIVE COMMUNICATION



You do not have to answer me right now.

Your brain may need quiet first.

You can point, write, nod, or just sit.

**I'm glad you're here, even if you're not
ready to talk.**

I will listen when your words are safe.

No rush. Your brain is coming back online.

**You can show me with
your fingers:**



1 means space



2 means help



PRACTICING CALM



- I wonder if calm feels uncomfortable right now. We can practice together.
- Sometimes our brains are used to chaos, so quiet can feel strange.
- Calm might feel new. New can feel weird, but it can still be safe.
- I can pay attention to you when things are calm.



I see you. You do not have to _____ to _____.



WORK REFUSAL



**This is a hard-work moment,
not a bad-kid moment.**

**This may feel too big.
Let's make it smaller.**

**You do not have to do
all of it right now.
Start with one.**

**Your brain might be
stuck at the
starting line.**

**You can choose: first
problem with me or two
minutes to reset.**

**We can come back to
the rest after your
battery charges.**



DEFIANCE & “I DON’T CARE”

Sometimes “I don’t care” means “this feels too big.”

That tells me this feels really hard right now.

You do not have to care this second. You do need to stay safe.

We’ll come back to the problem when your brain is ready.

We can try again in a moment.



POST-CALM REFLECTION (THE METAPHORS)



Now that your brain is back online, let's talk about what happened.



What was your gas pedal doing?



What helped your brake pedal come back?



What drained your battery?



What can we do next time before it gets to red?



POST-CALM REFLECTION (REPAIR & GROWTH)



**You had a hard moment. It happens.
Together, we are going to learn from it.**

**How can I help you
practice that?**

**What is one safer
choice for next time?**

**What needs to be
repaired?**

**Who was
affected?**