



# Class #1 Homework – Regulation/Dysregulation

\*One per person\*

Name: \_\_\_\_\_

Identify at least three things that dysregulate, trigger you, or cause you stress

Identify at least three ways in which you typically respond when dysregulated, triggered, and/or stressed

Identify at least three ways that you can self-regulate (calm) in times of dysregulation (stress)

With this mindfulness of identifying this about yourself, how do you feel it may create change in the way you typically respond to dysregulation, stress/, and riggers? Please describe.

*(Please attach page if need more space)*



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