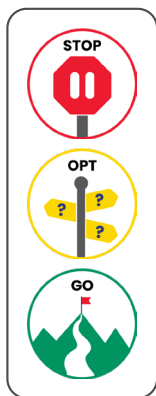


# Concept 9 – Deciding to Regulate



## WHAT ARE WE LEARNING?



Regulating in the moment is challenging, especially when a problem, trigger, or spark happens. We may be quick to react with the first impulse or urge that comes to us. Slowing down to think about our options and goals (including our Now Goals of the moment and our Later Goals we work toward over time) can guide us in making healthy decisions around our regulation.

To help us with this, we learned how to Stop, Opt & Go:

- **STOP** Pause before you act on your first impulse.
- **OPT** Think about your **OPT**ions and how they may work out.
- **GO** Use your **GO**al to choose the option that will work well.



## WHY IS IT IMPORTANT?

Stop, Opt & Go helps you control your impulses and consider your goals to make a choice that works well for you, which might include deciding to regulate with a tool.



## ASK AND SHARE

To help with learning, discuss these questions together.

- *What was a trigger you recently experienced?*
- *What were two (or more) options you had? Was a regulation tool one of them?*
- *What was your goal? Were you able to meet it?*



## BRIDGE ACTIVITY: PAUSE AND THINK ABOUT REGULATION

- 1 Choose a familiar book, tv show, video, or movie to explore together.
- 2 When a character experiences a trigger, spark, or problem, follow these steps:
  - **STOP:** Pause the scene before the character acts. What might their impulse be?
  - **OPT:** What are the character's options?  
(Options can include following an impulse, using a regulation tool, and/or solving a problem.)
  - **GO:** What might their goal be? Which option(s) would help them to meet it?
- 3 After the scene is done, compare the option you chose with what the character decided to do. How did it work out?