

# Emotional Regulation Menu Template

Check-in: What type of regulation is needed right now?



## Identify the Trigger

- Is it a Smell?
- Is it a Sound?
- Is it a word or phrase?
- Is it a type of touch or feeling?
- Other:

## Physical Response

- Butterflies / Drop in stomach
- Rising angst / Rapid heartbeat
- Tingling/Buzzing skin sensation
- Child-like behavior
- Other:

## Grounding Plates

Combine 2 or 3 of these

- Tapping
- Standing up
- Walking around
- Reassure self as a friend would
- Other:

## Reality Bowls

These bowls come with questions, and your choice of truth or fibs

- What proof do I have that I'm in trouble?
- Is this fear based on fact or feeling?
- Other:

## Affirmation Salads

Embellishment dressing add-ons  
(optional)

- I am safe; I am not in danger
- I am capable; I can handle this
- This too shall pass
- I am doing my best
- Other:

## To-Go Options

At work or out and about

- Step away and reset
- Clarify expectations to reduce uncertainty
- Check-in with your coach
- Phone a trusted friend
- Other