

Tuning In to Yourself

Using the following questions as a guide, write down observations about yourself during difficult interactions or situations.

Domain	Prompt Questions	Caregiver Observations
Body	<p>What are you experiencing in your body? (heart rate; breathing; muscle tension, temperature; feelings of numbness or disconnection)</p> <p>What warning signs does your body provide of “losing control” or hitting a danger point?</p>	
Thoughts	<p>What do you <i>think</i> in this situation? (e.g., “I can’t handle this,” or “He’s doing this on purpose.”)</p> <p>What thoughts do you have about <i>yourself</i> AND <i>your child</i>?</p>	
Emotions	<p>What do you <i>feel</i> in this situation? Consider anger, guilt, shame, sadness, helplessness</p>	
Behavior	<p>What do you <i>do</i> in this situation? Do you freeze? Withdraw? Dig in your heels? Scream?</p>	
Other	<p>What else do you notice about yourself? Consider your ability to cope with emotion, ability to use supports, healthy/unhealthy coping responses, etc.</p>	