

Unit 6: Group Normalization & Peer Matching

≡ Components	Activity Instructions	Discussion Forum	Reading
≡ Duration	20 min		
≡ Notes	Builder Type Mixer activity, opposite-type regulation buddy prep for Module 3, video introductions		
✓ SOU Evidence	<input type="checkbox"/>		
⌚ Section	Module 1.5		
⚙ Status	Not Started		
≡ Subsection	Tribe Building		

Overview

Duration: 20 minutes

Components: Activity Instructions, Reading, Discussion Forum

This unit normalizes differences between types, prevents comparison, and sets up regulation buddy matching for Module 3.

Learning Objectives

- Normalize differences between Builder Types
- Understand why opposite types make the best regulation buddies
- Begin identifying your future regulation buddy

Activity: Builder Type Mixer

If In-Person or Synchronous (Live Session):

Instructions:

1. Participants group by their primary Builder Type
2. Facilitator names strengths + risks for each type OUT LOUD
3. Each group discusses (5 minutes):
 - "What have we been shamed for?"
 - "What do we need protected?"
4. Groups share ONE key insight with full cohort

Time: 15 minutes total

If Asynchronous (Online):

Video Introductions:

Record or write:

- "I'm a [Builder Type], and one thing I need others to know is..."
- "One way I can support the group based on my strengths is..."

Post in discussion forum and respond to at least 3 others.

Reading: Why Opposite Types Make the Best Regulation Buddies

In Module 3, you'll be matched with a **Regulation Buddy** who has the opposite Builder Type from you.

Why Opposite Types Work

- **High Structure + Low Structure = balance**
 - High structure keeps things moving
 - Low structure prevents rigidity
- **High Stimulation + Low Stimulation = nervous system diversity**
 - High stimulation brings energy

- Low stimulation brings calm
- **External + Internal = co-regulation without codependency**
 - External processors verbalize patterns
 - Internal processors provide reflection space
- **Control + Flexibility = complementary strategies**
 - Control bias provides stability
 - Flexibility bias provides adaptation

How to Support Someone with a Different Profile

- **If you're High Structure supporting Low Structure:**
 - Don't impose your systems on them
 - Ask: "What level of structure would help right now?"
 - **If you're Low Structure supporting High Structure:**
 - Don't dismiss their need for plans
 - Offer: "Let's break this into clear steps"
 - **If you're High Stimulation supporting Low Stimulation:**
 - Match their energy level, don't amp them up
 - Respect their need for slower pace
 - **If you're Low Stimulation supporting High Stimulation:**
 - Don't judge their intensity as chaotic
 - Help them channel, not suppress
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Discussion Forum

Prompt: "What's one strength you bring to the group based on your Builder Type?
What's one thing you need from others?"

Instructions:

- Share your type, one strength, one need

- Respond to at least 3 others
 - Start noticing who your opposite type might be
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Preparation for Module 3

In Module 3, you'll be matched with a Regulation Buddy (opposite Builder Type). Start thinking about who in your cohort might be a good match.

Tribe role established: *Normalizers*