








# Unit 6: Group Normalization & Peer Matching

 Components	<div>Activity Instructions</div> <div>Discussion Forum</div> <div>Reading</div>
 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.

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## 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*