

Acknowledge • Connect • Engage: Re-Regulation Practice

ACKNOWLEDGE

How is the dysregulation manifesting?

What emotions are you experiencing?

What was happening before the trigger?

CONNECT

Re-regulation technique to practice

Reflections after practice

(RE-)ENGAGE

What activity will you (re-)engage with?

Five Senses Grounding Exercise

See: Name 5 things you see.

Touch: Name 4 things you can physically feel.

Hear: Name 3 things you hear.

Smell: Name 2 things you smell.

Taste: Name 1 thing you can taste.

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