

Tuning In to Yourself

Situation: _____

Using the following questions as a guide, write down observations about yourself during difficult interactions or situations. Fill in any additional observations at bottom.

Domain	Prompt Questions	Caregiver Observations
Body	What are you experiencing in your <i>body</i> ? Pay attention to cues such as heart rate, breathing, muscle tension, temperature, and feelings of numbness or disconnection.	
	What warning signs does your body provide of "losing control" or hitting a danger point?	
Thoughts	What do you <i>think</i> in this situation? Consider both thoughts about yourself (e.g., "I can't handle this," or "I should have _____") and thoughts about your child (e.g., "He's doing this on purpose," or "She'll always be this way").	Thoughts about self:
		Thoughts about child/adolescent:
Emotions	What do you <i>feel</i> in this situation? Consider anger, guilt, shame, sadness, and helplessness.	
Behavior	What do you <i>do</i> in this situation? Do you freeze? Withdraw? Dig in your heels? Scream?	
Other	What else do you notice about yourself? Consider your ability to cope with emotion, ability to use supports, unhealthy (or healthy) coping responses, etc.	

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