

# Regulation scale

for education and care

## Johnnie's regulation scale

Regulation zone		Why do I feel like this?	What signals am I getting from my body (interoception)?	What can I (or someone else) do to help?
Panic Zone	SNS overload	Nothing is working! I am out of control! I can't think or problem solve! Brain explosion! If I do something wrong. If I have disappointed someone.		