

Templates, Planners & Contracts for Differently Wired Kids



EMOTIONAL REGULATION

Emotional Regulation

Debriefing Form: This is a form we used after difficult moments to help Asher self-reflect and better understand what happened, how others may have experienced the situation, what he could do differently the next time, etc.

DEBRIEFING FORM

What was the problem?

How did you feel?

What did you do?

How did the other person feel?

What was the trigger?

What could you do differently next time?

- Take a break
- Ask for help
- Use coping routine
- Positive self-talk
- Other behavior

How can the situation be made better?