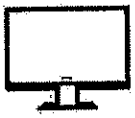
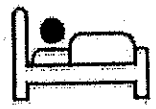
Regulation Preferences Tool

Name: _____

Date of completion: _____

It is helpful for me to know what can help you feel better when you are having a hard time. I might not be able to offer all these options, but I would like to work with you to identify how I can best support you.

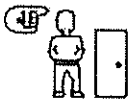
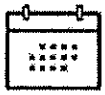
What has worked for you? What helps you feel better? Check off the items that apply.

___ listening to music 	___ playing a video game 	___ going for a walk 
___ wrap in blanket or weighted blanket or vest 	___ calling a friend 	___ getting a hug 
___ punching a pillow or punching bag 	___ go outside 	___ watching TV 
___ having your handheld device 	___ physical exercise 	___ reading a Book 
___ voluntary time out 	___ writing in your journal 	___ creating art 
___ breathing exercises 	___ yoga/ stretching 	___ napping 
___ lying down with a cold pack 	___ talking to a loved one 	___ cuddling a Pet 
___ putting your hands under running water 	___ other:	___ other:

Is there a person who has been helpful to you when you are upset? Yes ___ No ___

If yes, who? _____

What are some things that make it more difficult for you when you are upset? Check off the items that apply.

____ being touched 	____ being forced to do something 
____ being isolated 	____ physical force 
____ people in uniforms 	____ being threatened 
____ loud noises 	____ yelling 
____ contact with person who is upsetting you 	____ bright lights 
____ crowds 	____ time of day - when?: 
____ time of year – when?: 	
____ specific scents – explain: 	
____ feeling out of control – explain: 	
____ other:	
____ other:	

Is there anything else that helps you feel safe?

Is there anything else you would like me to know?