

Ineffective Regulatory Behaviors

Regulatory behaviors are what we use to temporally mask the pain caused by our triggers (person, place thing, or memory) that create our feelings, thoughts, and sensations. Sensations are the most important to notice since the sensations we feel are the same sensations that were occurring at the time of the original traumatic event. **Trauma = Memory + the stored sensation of the event.**

List your specific regulatory behaviors – These are behaviors that reduce the pain of being out of your window in either Fight (anger) Flight (fear) or Freeze (Shut down, numb, frozen, shamed, or overwhelmed).

[illegible]