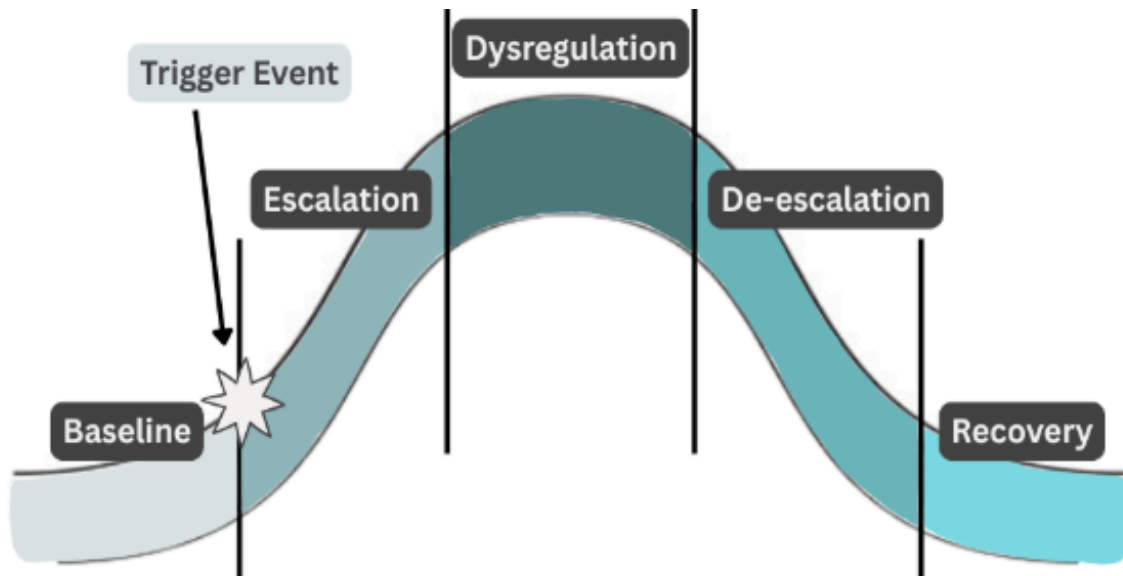




Arc of Dysregulation



| What it looks like | Phase | What to do |
|---|---------------|---|
| Calm, regulated, and able to respond to cues | Baseline | Keep doing what you're doing. Green light! |
| A moment that causes stress, frustration, or disappointment | Trigger Event | PAUSE. Yellow light. |
| Emotions build, behavior gets louder or more intense | Escalation | Look for ways to disengage and begin co-regulation. |
| Full meltdown; loss of control* | Dysregulation | STOP. Red light! Quietly model regulation techniques. |
| Intensity softens, but still vulnerable | De-escalation | Continue co-regulation techniques. |
| Regulation returns, and connection can be re-established | Recovery | Begin to return to baseline slowly, gently. Yellow light. |

*Screaming, thrashing, hitting, biting, kicking, extreme crying. Can also look like: shutting down, disengaging, not speaking, freezing.