



Transforming Behavior Coaching Week

2

Determine YOUR Child's Warning Signals

We're going to use clues from YOUR kid to solve the mystery of their behaviors. You'll learn about the interconnectedness of biology and behavior and how to combine it with your child's profile from session 1, to take the first step to identifying specific tailored strategies for navigating challenging times with YOUR child.

MASTER ACTION

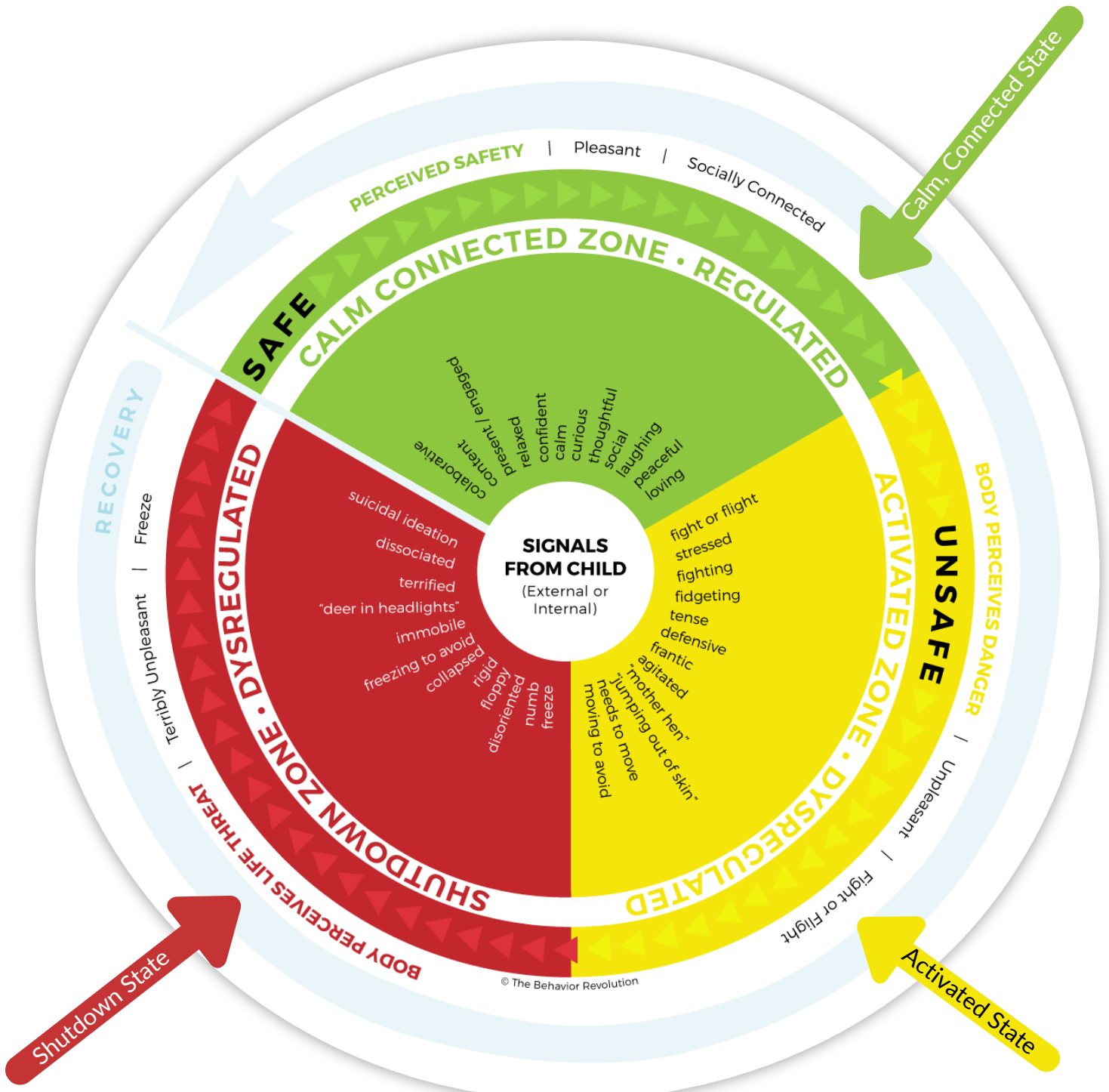
Brainstorming

As you work through Coaching Week, keep this worksheet handy to record things you're learning to stop doing, do less of, keep doing, start doing, and do more of.

STOP DOING →			
DO LESS →			
KEEP DOING →			
DO MORE →			
START DOING →			

THE BEHAVIOR WHEEL

The autonomic nervous system has three states. Our Behavior Wheel™ shows you the state your child is in based on the behavior you're seeing. This then helps you determine what's going on for your child so you can figure out how to effectively help.



PERCEIVED SAFETY | Pleasant | Socially Connected

SAFE
CALM CONNECTED ZONE • REGULATED

colaborative
content
present / engaged
relaxed
confident
calm
curious
thoughtful
social
laughing
peaceful
loving

SIGNALS FROM CHILD
(External or Internal)

fight or flight
stressed
fighting
fidgeting
tense
defensive
frantic
agitated
"mother hen"
needs to move
"jumping out of skin"
moving to avoid

UNSAFE
ACTIVATED ZONE • DYSREGULATED
BODY PERCEIVES DANGER | Unpleasant | Fight or Flight

DYSREGULATED
SHUTDOWN ZONE • DYSREGULATED
BODY PERCEIVES LIFE THREAT

suicidal ideation
dissociated
terrified
"deer in headlights"
immobile
freezing to avoid
collapsed
rigid
floppy
disoriented
numb
freeze

RECOVERY
Terribly Unpleasant | Freeze



MY CHILD'S *Warning Signals*

REGULATED

WHEN MY CHILD IS REGULATED, I OFTEN SEE...

ACTIVATED

WHEN MY CHILD IS DYSREGULATED & ACTIVATED, I OFTEN SEE...

SHUTDOWN

WHEN MY CHILD IS DYSREGULATED AND SHUTDOWN, I OFTEN SEE...

MAKE A CARD FOR EACH OF YOUR CHILD'S SIGNALS

If you don't have colored cards, don't worry. You can use colored markers or highlighters to color code the signals, or even label each card with "green," "yellow," or "red" in the top corner.



Put your child's regulated state signals here.



Put your child's activated state signals here.



Put your child's shutdown state signals here.

\$50 OFF

7/17-7/20, Coaching Week members only!

Follow Our Entire Crisis to Clarity Blueprint™ Inside the
**BEHAVIOR REVOLUTION
PROGRAM**

There is absolutely a way for you to transform from overwhelm and hopelessness to a place of intention and calm. It's a place where you'll experience progress and gain forward momentum, because you'll have a clear path outlined before you along with the connection and support of a community of other parents who get the struggles of raising neurodivergent kids.

The Behavior Revolution Program guides you through the process of ***calming the chaos and reactivity, fostering connection, and transforming behavior***. Help your neurodivergent child feel better so they can do better, while still honoring who they are.

TheBehaviorRevolution.com/course

