

How Regulated Are You?

Check your state below

State	External Presentation	Internal Reality	How My Integrated Approach Helps
Regulated	Calm, present, easy to talk to, relaxed posture.	Feeling safe, grounded, clearheaded, steady heartbeat.	I utilize applied neurology to deepen neurobiological stability and somatic movement to sustain presence. Through agency-based principles, I cultivate interoceptive awareness, ensuring your capacity for mindfulness remains self-directed and robust.
Mildly Dysregulated	Restless, easily distracted, slightly tense, on edge.	Racing thoughts, feeling off-balance, low-level anxiety, nervous energy.	I integrate applied neurology to identify early shifts, while using somatic movement to gently discharge nervous energy. I apply agency-based principles to restore your felt-sense of safety and ground your awareness in the present moment.
Dysregulated	Fidgety, irritable, reactive, rapid speech, defensive.	Panic, intense fear, racing heart, feeling overwhelmed or "fight or-flight."	I provide bottom-up stabilization through applied neurology and rapid somatic resets. My focus on agency-based principles empowers you to track your internal reality, using gentle mindful movement to down-regulate the nervous system.

Very Dysregulated	Highly distressed, aggressive or shut down, extreme reactions.	Feeling unsafe, terror, helplessness, sense of being trapped, "losing it."	I utilize applied neurology to anchor presence, providing containment through agency-based somatic interaction. I facilitate a deep sense of shared humanity to co-regulate, using extremely gentle, non-coercive somatic movement to navigate safety.
Chronically Dysregulated	Constant fatigue, disconnected, avoiding others, flat affect.	Hopelessness, numbness, deep exhaustion, suicidal ideation or "giving up."	I use somatic movement and agency-based principles to reawaken interoceptive capacity. I employ applied neurology to increase nervous system bandwidth and provide a foundation of gentle mindfulness that respects your current capacity for connection

Disclaimer: This chart is for educational purposes only and does not constitute medical advice. Please consult a qualified healthcare professional regarding any medical concerns.