

BCARE Ascension Method™

Session 10 Parent Worksheets

Worksheet 1: Nervous System Regulation Worksheet

Reflect on how dysregulation shows up in your body, emotions, and behavior.

Dysregulated parents create dysregulated environments.

Your child cannot borrow calm from chaos.

What situations tend to dysregulate me most as a parent?

What physical signs tell me I am becoming dysregulated?

(Examples: racing heart, tight chest, clenched jaw, shallow breathing)

What emotions tend to surface when I become dysregulated?

How do I typically behave when dysregulated?

How does my dysregulation impact my child and the emotional climate of my home?

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Worksheet 2: Window of Tolerance Reflection

Use this worksheet to reflect on your regulated and dysregulated states.

My Regulated State Looks Like:

My Hyperarousal Looks Like:

(Anger, panic, escalation, urgency, yelling, emotional flooding)

My Hypoarousal Looks Like:

(Shutdown, numbness, avoidance, withdrawal, detachment)

What Usually Pushes Me Outside My Window Of Tolerance?

How Can I Recognize It Earlier?

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Worksheet 3: Regulation Plan Template

Create a personalized plan for what you will do when you feel yourself becoming dysregulated.

My Warning Signs

My Go-To Regulation Tools

Pause / Breathe, Step Away Briefly, Drink Cold Water, Grounding Exercise, Prayer / Meditation, Movement / Walk, Lower My Voice Intentionally, Ask For Support, Other

My Regulation Statement / Reminder

My Commitment: 'When I feel dysregulated, I commit to...'
