Self-Regulation

- Predicts academic success and life happiness
- Allows delay of gratification
- Empowers to set goals and achieve them despite obstacles
- Creates and sustains healthy relationships
- Develops empathy and problem-solving
- Allows integrity so can hold true to life values

SURVIVAL STATE

Skills: Fight Flight Surrender

Trigger Am I Safe? Regulate Arousal

Perception = Threat / Intention = Hurt/Punish

Misbehaviors: What does it take to keep myself safe?
Perception = Good or Bad / Intention = Blame

Misbehaviors: What does it take to get attention and avoid connection?

Skills:
• Lecture
• Guilt/Shame
• Blame

Trigger
Am I Loved?
Regulate Emotions

Perception = Free Will / Intention = Teach

Skills:
• Set/Achieve Goal
• Problem-Solve
• Executive Skills

Trigger
Am Can I Learn?
Regulate Behavior
**Democracy**


**Autocracy**

Means a government of a single person who has unlimited power over others. Outside forces govern you. Rights are delegated or earned by some and not others.

S = Safety  
A = Agreements  
C = Commitments

Before:  
R = Rules  
C = Consequences

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**Rules:** Define specific behaviors of what is allowed and not allowed to do and are enforced through consequences.

**Commitments:** Promises to ourselves and ways to practice achieving our agreements.

**Agreements:** Guidelines for acceptable group behavior. Promises to the group.

**Routines:** Visuals created for consistency and predictability that help children keep agreements and commitments.
When We Confuse Rules with Routines or Agreements

• We will enforce them inconsistently
  – Based on circumstances
  – Based on our current inner state
• We will train children not to comply
• We will teach children not to trust authority
• Without social trust there can be no guidance, only coercion

Take Note!

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