



BLOSSOM
THE ART OF LIFE & HEALING

Building My Regulation Resources Menu Part 1:

“Meet yourself with impeccable regard, loving kindness and interested curiosity.” -Emilie Conrad

Step 1: What “state” might I be in?

Upregulated: When you feel agitation or anxiety in your body, ask yourself how these sentences complete.

I am,...

The world is,...

Downregulated (Dorsal Vagal): When you feel yourself feeling curling up, isolating from relating with others, depressive feelings, ask yourself how these sentences complete.

I am,...

The world is,...

“Safe and Social” (Ventral Vagal): When you feel a sense of inner peace and contentment, ask yourself how these sentences complete.

I am,...

The world is,...



Other healthy “lateral shifts” from “Safe and Social” are heading into a Ventral Vagal grounded “upregulation” where you feel healthy excitement and play. A healthy “lateral shift” can also move to “dorsal vagal/downregulation” where you can safely relax into intimacy. When these happen, you are still “regulated” which can be seen as, still integrated as a whole.

When the system shifts into a dis-regulated state that is also not integrated, it becomes unhealthy upregulation and downregulation as a long term “home base.” Under prolonged stressors or signals of “lack of safety” it becomes important to recognize where one is, so one can use the benefits of neuroplasticity to head back “home” to a healthy home base of Safe and Social.

When you are in a dis-regulated state either high up or high down, you don’t have clear access to a calmly functioning prefrontal cortex, so you can’t easily figure out what to do for yourself. That is where a pre-designed menu comes in.