



Worksheet: Relational Reflections – Co-Regulation & Repair Tracker

This worksheet is designed to help practitioners reflect on how they show up in relationship with clients, especially during moments of stress, rupture, or dysregulation. Use this tracker to build greater awareness of your own nervous system and relational patterns.

1. Co-Regulation in Action

Think of a recent session where your client became dysregulated. What happened?

How did you respond—verbally, physically, energetically?

What helped you stay present (or what would have helped)?

2. Recognizing Attachment Responses

Which attachment pattern (anxious, avoidant, disorganized) did you notice in the client—or in yourself?

How did that attachment pattern influence the dynamic?

3. Navigating Rupture and Repair

Describe a moment of relational rupture or misunderstanding with a client.

How did you attempt to repair—or how might you approach it differently next time?

4. Presence and Growth

What does a 'regulated presence' mean to you in your work?

What's one relational skill or micro-practice you want to strengthen moving forward?
