

Concern vs Urgency

A quick check for when care starts turning into pressure.

Progress follows safety.

Section 1: Spot it

What am I in right now?

Concern sounds like...

- "I'm noticing this is hard for them."
- "I want to understand what's getting in the way."
- "Let's plan the next small step."
- "We can support this without rushing it."

Urgency sounds like...

- "We need to fix this now."
- "If we don't push, they'll fall behind."
- "They should be able to do this by now."
- "We can't keep adjusting."

Quick cue: If your tone gets sharper or faster — it's probably urgency.

Nervous System Check (10 seconds)

Is my body in speed right now?

Yes

No

If yes: slow down by 10% before you speak.

Section 2: Check it

1) Is this about safety or speed? Safety Speed Both

2) What would change if we slowed down by 10%?

3) What's the smallest supportive next step? (tick one)

preview

break it down

co-regulate

sensory support

more time

ask what's hard

Micro reframe: Slow is not stuck. Slow is supported.

Section 3: Shift it

Keep the intent. Change the tone.

Reset tone

- "I care — I'll slow down."
- "We need support, not speed."
- "Pause the push, keep the plan."

Boundary

- "Expectation stays — smaller steps."
- "Take a break. We'll come back."
- "I'll hold this calmly."

Repair

- "I rushed you — sorry. Reset?"
- "That was sharp. You're safe."
- "I was worried and pushed."

If it feels urgent: pause → slow 10% → choose the smallest supportive next step.

Progress follows safety.