

# Is This Readiness... or a Need for Safety?

A 5-minute pause before we raise expectations.

*Sometimes we call it readiness... when it's really the nervous system asking for safety.*

---

## 1) What's happening right now?

The demand: \_\_\_\_\_

What changed (if anything): \_\_\_\_\_

What's the hardest part today: \_\_\_\_\_

## 2) Regulated or dysregulated? (circle one)

Regulated / Wobbly / Dysregulated / Shutdown / Recovering

*Quick cues: breathing, body tension, ability to listen, recovery time, sensory load.*

## 3) Am I responding to today... or fear about the future?

*If it feels urgent, I'm allowed to pause.*

## 4) What would safety look like first?

*(Before progress - what helps the body feel safe enough to try?)*

Predictability / preview

Smaller version of the task

Connection first (co-regulation)

Sensory support / quieter setting

Recovery time

Help / scaffolding

The smallest safe version today is: \_\_\_\_\_

## 5) What can stay the same this week?

*(What stays steady so the child's body can trust the day?)*

One thing that stays the same: \_\_\_\_\_

One expectation we keep (but change the pathway): \_\_\_\_\_

## One tiny "what to say" line

- "I can see this is hard. We're safe. We can try again smaller."
- "Not yet doesn't mean not ever."
- "We're keeping the expectation — we're changing the pathway."

---

**Progress follows safety.**