Personal Regulation Plan

Choose your strongest trigger from your map and fill in this plan for it. Be specific: not “I’ll calm down” but exactly what you will do and what you will tell yourself. The plan is yours to keep. Bring it to peer mediation practice and, after each practice, add what worked.

1. My strongest trigger

Describe in one sentence what you see or hear, not what you think about it.

2. How my body reacts when I am triggered

Breathing, voice, speaking pace, hands, shoulders, stomach, face.

3. What helps me regulate myself quickly

Body: slow exhale, box breathing, grounding, straightening up. Mind: name the emotion, slow down. With others: ask for a break.

4. What I would need to do in a real peer mediation if this trigger appeared

Write the exact words you will say to the parties at that moment and the step you will take. For example: “I need a moment. Let’s take a short break.”

5. When I pause, slow down, or ask for help

At what level from 0 to 10 I call a break. Which adult I reach out to and where to find them. Where I draw the line and end the mediation.

After your first practice, ask yourself again: How did my body react? What helped me? What would I do differently next time?

Name: _____ Date: _____

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