

WORDS WE CAN USE

INSTEAD OF "VIOLENCE":

- Distressed
- Having a hard time
- Seeking connection
- Out of sorts
- Agitated
- Dysregulated
- Maladaptive coping
- Difficult managing
- Escalated
- Overwhelmed
- Stress Response
- Stress Behaviours

TO COREGULATE:

- What can I do for you?
- I am here for you
- I hear you
- That must hurt
- That must not feel good
- Would you like to tell me about it

ADDITIONAL RESOURCES:

- Dr. Gabour Mate
- Ross Green
- Stewart Shanker
- Dr. Dan Siegle (Mindset Inst.)
- Dr. Bruce Perry

SUZANNE PERREAULT

Counsellor, Inclusive Ed Advocate &
Workshop Facilitator
Suzannemp.cca@gmail.com

