

WB 2.12b — Helper Self-Assessment & Script

Use with Chapter 12 (Co-Regulation Scripts) in the manual, Chapter 10 in *Shoulder the Bill*.

Purpose Before you can help someone regulate, you need to know your own default helping pattern — and have a script ready for a specific person and state. This page builds both, so support lands well instead of adding activation.

How to use this page

When: Complete while calm. Build the script for one real person you support.

Done when: You have named your default helping pattern, its replacement, and a ready opening line for one person.

Worked example

My default: over-functioning — I jump to fixing before they feel heard.

Replacement: sit with them first, ask what they need before offering.

Opening line for my brother: 'I'm here. You don't have to explain anything.'

Anchor Phrase: *'Regulate yourself first. Then regulate alongside.'*

Protocol: 1. Know your pattern. 2. Choose a replacement. 3. Build the script.

Loop stage: Connect → Recover

My default helping pattern: ☐ Over-functioning ☐ Under-functioning ☐ Lecturing ☐ Matching their activation

The replacement I will practise:

The person I am supporting, and their most common state:

My opening line, and my co-do action (something we do together):

What I will NOT say — and my follow-up check-in (when and how):

☐ Self-Reward Loop completed