

WB 8.4 — Blank Co-Regulation Script

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

Reproducible template — photocopy this page and reuse as often as you need.

Purpose One script for one person. The opening line that steadies your brother is not the one that steadies a colleague.

How to use this page

When: Build one page per person you support, while calm, before the evening you need it.

Done when: You have named the person and their usual state, written your opening line and one co-do action, and decided what you cannot keep private.

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

Loop stage: Connect → Recover

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

My opening line:

My co-do action (something we do together):

What I will not say, and my follow-up check-in:

How I will ask before closing the distance ("Can I sit with you?"):

What I will do with what they tell me — and what I will say up front if I cannot keep it private:

☐ Self-Reward Loop completed