

## Co-Regulation Cue Cards

*Pre-written scripts for the moments when you need support but can't find the words. Most people who can't ask for help can't ask because the request itself feels too exposing. These cards do the asking for you.*

### When this might help:

- You need support but the request feels impossible to phrase
- You're spiralling and a person is right there
- You want to give someone a way to help that doesn't require them to guess

### Sample cards:

*"I'm having a hard time and I don't need you to fix it. I just need you to sit with me for ten minutes."*

*"I'm spiralling. Can you tell me three small ordinary things you did today? It helps me come back."*

*"I notice I'm pulling away. I want to stay close. Can you ask me a question I can answer with my body, like 'what's your hand touching right now?'"*

*"I'm okay enough. I just need you to keep being here. You don't have to talk."*

Write three or four cards in your own voice. Keep them in a notes app or on actual cards. The point is that they exist *before* you need them, because the moment of need is the worst moment to draft language.