

Co-Regulation Language Builder

Name your needs in body-honouring, connection-centred ways.

When this might help:

- You need support but don't have the words
- Before a hard conversation

The practice:

- "Could you stay with me without fixing?"
- "I don't need advice, just a quiet presence."
- "Can I check in when I'm ready instead of now?"

Gentle fallback: You could borrow a phrase from the list word for word. Your own words can come later.