

Co-Regulation Reflection

Remember when you felt supported, not conceptually, but physically.

When this might help:

- You've forgotten what supported feels like in the body
- Before asking for support, to know what you're asking for

The practice:

- "What helped my body feel supported?"
- "When did I soften without trying?"
- "What kind of presence do I most long for now?"

Gentle fallback: One remembered moment of softening around someone is the data.