Regulated on the Front Line

Working Handout

Fill this in as we go! Post the last section where you'll see it this week.

Part 1 — Where You Are Today

Circle the stage that matches where you are today.

☐ Survive ☐ Revive ☐ Strive ☐ Thrive ☐ Hive

> *Most of you are not in Hive today. That's not a failure, that's data.*

Part 2 — Your ICI Reveal

ici.fiveives.com · 5–7 minutes · take it now, on your own device

What does your result tell you? Does it match what you expected, or does it surprise you?

> *There's more in your full report than we have time to unpack today. We encourage you to go back into it this week.*

Part 3 — Your Window of Tolerance

The situations that push you out of the window

Not a vague "busy day," the actual moment: the escalation call, the fifth interruption, the client crying in front of you.

The earliest signal you notice

The first flicker before the blow-up or the shutdown probably in your body.

Part 4 — Your Regulation Map

What you currently do — no judgment!

Write what you actually do, not what you know you should do.

When I'm revved, I currently...	When I'm shut down, I currently...
The go-to move, even if it's not a good one.	*The go-to move, even if it's not a good one.*

Your matched tools — two reactive, one proactive

Pick tools that pass the between-clients reality test: 90 seconds or less, no closed door required.

If I'm revved — reactive tools	If I'm shut down — reactive tools
Two tools you'll actually use, in the moment (e.g. extended exhale, cold water on wrists, widen your gaze).	*Two tools you'll actually use, in the moment (e.g. brisk walk, one true sentence to a coworker).*

One proactive practice I'll build in

Something small, daily or before-shift.

Part 5 — One Realistic Next Step

The one thing I'm committing to

When, specifically, I'll do it

Where I'll post or place the reminder so I actually see it

Not a notebook. Not a phone note you'll never reopen. Your desk, your badge lanyard, the drawer you open ten times a day.

Regulation isn't a wellness extra. It's what lets you keep showing up well for clients and for yourself.