

DAILY REGULATION & MOOD TRACKER

Date: _____ Focus: Grounding & Safety

CURRENT STATE (WINDOW OF TOLERANCE)

HYPER-AROUSAL Anxious, Overwhelmed, Racing thoughts, Anger

OPTIMAL ZONE Calm, Integrated, Engaged, Present

HYPO-AROUSAL Numb, Disconnected, Low energy, Shut down

DAILY CHECK-IN

Time	Feeling / Sensation	Trigger / Context	Regulation Tool Used
------	---------------------	-------------------	----------------------

Morning

Mid-Day

Evening

SOMATIC AWARENESS Where do I feel tension or ease in my body right now?

RESOURCES & SUPPORTS Who or what helped me feel safe today?

EVENING REFLECTION One thing I am grateful for or a moment of peace.

Self-compassion is the priority. This is a tool for awareness, not judgment.