



## Mindful Self-Regulation

Questions to ask ourselves to help us remember to go to MSR when needed:

- Am I fully present to the parent(s) and giving him/her my complete attention?
- Am I experiencing strong feelings?  
If so, am I in tune with the parent's feelings or am I reacting out of my own experiences?
- What is my body telling me about my internal state?
- What am I feeling towards this family?
- Am I open to hearing and trying to understand their experiences and feelings?
- If I am out of tune with this parent what do I need to do to bring myself back to balance and be fully present to the family?
- What are my strategies for getting back to balance?
- Is there anything I want to specifically remember to discuss in reflective supervision later?

