



Trauma Recovery Group Coaching Cohort

The 0-10 Self-Regulation Scale Explained

The scale functions as a subjective measurement tool with these general guidelines:

0-3: Under-activated/Hypoarousal

- Physical sensations: heaviness, fatigue, numbness, disconnection from body
- Emotional states: flat, empty, hopeless, shut down, dissociated
- Cognitive patterns: brain fog, difficulty focusing, slowness in thinking
- Behavioral signs: withdrawal, lack of motivation, difficulty initiating action

4-6: Window of Tolerance/Regulated State

- Physical sensations: relaxed muscles, comfortable breathing, present in body
- Emotional states: emotionally responsive but not overwhelmed, curious, open
- Cognitive patterns: clear thinking, ability to problem-solve, flexible attention
- Behavioral signs: engaged, responsive, able to connect with others

7-10: Over-activated/Hyperarousal

- Physical sensations: tension, rapid heartbeat, shallow breathing, jitteriness
- Emotional states: anxiety, irritability, anger, overwhelm, panic
- Cognitive patterns: racing thoughts, hypervigilance, negative predictions
- Behavioral signs: restlessness, difficulty sitting still, impulsivity

Note: this guide is meant for educational and enrichment purposes in learning self-regulation for the nervous system, and is not meant to diagnose or treat mental health.