

# Appendix C: Flashback and Nightmare Protocols, Self-Regulation Checklist for Caregivers

## Flashback Protocol

Right now I am feeling \_\_\_\_\_,  
*name a feeling, like scared*  
and sense \_\_\_\_\_, \_\_\_\_\_ in my  
*name 2 things happening inside your body, like shaking or hot/cold*  
body because I am remembering \_\_\_\_\_.  
*name the event with using a word or 2*  
I am looking around where I am now in \_\_\_\_\_ in  
*this year*  
\_\_\_\_\_,  
*the place you are now*  
and I can see \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
*name 3 things you see right now in this room or place*  
So I know \_\_\_\_\_ is not happening anymore and I am safe.  
*name the event again, using a word or two.*

Adapted from Rothschild, B. (2000). *The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment*. New York: W.W. Norton, p. 133.

## Nightmare Protocol

If I wake up after a nightmare feeling \_\_\_\_\_,  
*name a feeling, like scared*  
and notice \_\_\_\_\_ in my body  
*name what is happening inside, like shaking or hot/cold*  
because I just had a bad dream about \_\_\_\_\_,  
*name the nightmare using a word or two*  
I will look around where I am now in \_\_\_\_\_ in my  
*this year*  
\_\_\_\_\_.  
*room, like bedroom or living room.*  
As I look around and see \_\_\_\_\_, I  
*name 3 things you see right now in this room*  
will know I am awake and safe and the nightmare is not happening anymore.

Adapted from Rothschild, B. (2000). *The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment*. New York: W.W. Norton, p. 134.

## How Do You Self-Regulate?

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Understanding how you as an adult self-regulate will help you to better understand and support your child's sensory needs for self-regulation. These are just some common strategies we use as humans...the possibilities are endless! There is no right or wrong answer and this is not a test or assessment; it is a self-awareness tool. The more items you check in a certain section will help you determine which sensory systems you use most often to self-regulate.

This list may be reprinted for educational purposes with reference and credit to the author and website listed above. Thank you!

### *Do you use movement to self-regulate? (vestibular input)*

Check all that apply

- Get up and down often while working or shift position and squirm around a lot
- Tilt back on 2 legs of the chair
- Prefer a swivel and leaning back type chair or ball chair
- Enjoy running, jogging, biking, and other movement based sports
- Roll neck and head around all of the time
- Prefer to stand to work or read something
- Prefer rocking chairs and gliders
- Love to swing any chance you get
- Always moving, prefer to move vs. sit
- Very fidgety while seated
- Pace back and forth

### *Do you use proprioception and/or deep pressure touch to self-regulate?*

Check all that apply

- Enjoy housework and vacuuming
- Enjoy gardening
- Enjoy yoga
- Tap toe, heel, foot
- Like lifting weights and other hard work activities
- Cross your legs when seated
- Tap your pen or pencil
- Often twisting, stretching your body
- Love cozy heavy blankets
- Love massages
- Enjoy hanging on bars or tree limbs any chance you get
- Enjoy wrestling and rough housing

- Love tight and cozy spaces
- Love to cuddle
- Love big squeezes and hugs
- Cracks knuckles and joints
- Clenching jaw
- Need heavy blankets or being tightly tucked in to sleep well
- Love to be wrapped in blankets
- Take deep breaths often

***Do you use tactile input to self-regulate?***

Check all that apply

- Love having your back rubbed with light touch
- Enjoy it when someone plays with your hair
- Twist and twirl your own hair
- Scratch, rub, and pick at your own skin
- Pick your nose (yuck, I know!)
- Love to pet animals
- Always exploring textures of clothing, fabric on furniture, or pillows
- Click pens, play with paper clips
- Always like something in your hand to fidget with such as knitting or other craft

***Do you use auditory input to self-regulate?***

Check all that apply

- Enjoy listening to music
- Whistle or hum while you work
- Prefers a quiet and calm space to attend to a task
- Needs background noise to work
- Tap objects or fingers, hands, toes to a certain beat
- Likes white noise

***Do you use visual input to self-regulate?***

Check all that apply

- Enjoy watching water features and fountains
- Find fish tanks soothing
- Love lava lamps and other visually stimulating toys and objects
- Prefer a very tidy space in order to work
- Very organized, dislike clutter
- Find certain colors very soothing and calming
- Prefer things to match just right in color

- Like to line things up (or even tidy up the shelves at the grocery store!)
- Something out of place or out of sort bothers you
- Do you find this purple form soothing and comforting?
- Do you find this purple form overwhelming and irritating?

*Do you use oral sensory and gustatory input to self-regulate?*

Check all that apply

- Bite fingernails
- Love to chew gum
- Make clicking sounds or other mouth sounds
- Chew on own hair or pen or something else while working
- Love crunchy or chewy snacks
- Crave salty or spicy foods
- Enjoy drinking through a straw or other resistive type straw such as a CamelBak water bottle
- Bite inside of cheeks or chew on tongue
- Always moving your jaw around
- Smoke cigarettes
- Clear throat often
- Lick lips often
- Emotional eating

*Do you use olfactory input (smell) to self-regulate?*

Check all that apply

- Enjoy essential oils
- Love scented candles
- Love perfume
- Smell clothing and other fabric type objects
- Enjoy air fresheners
- Love scented markers and erasers
- Love smelling flowers and things in nature
- Love smelling different foods