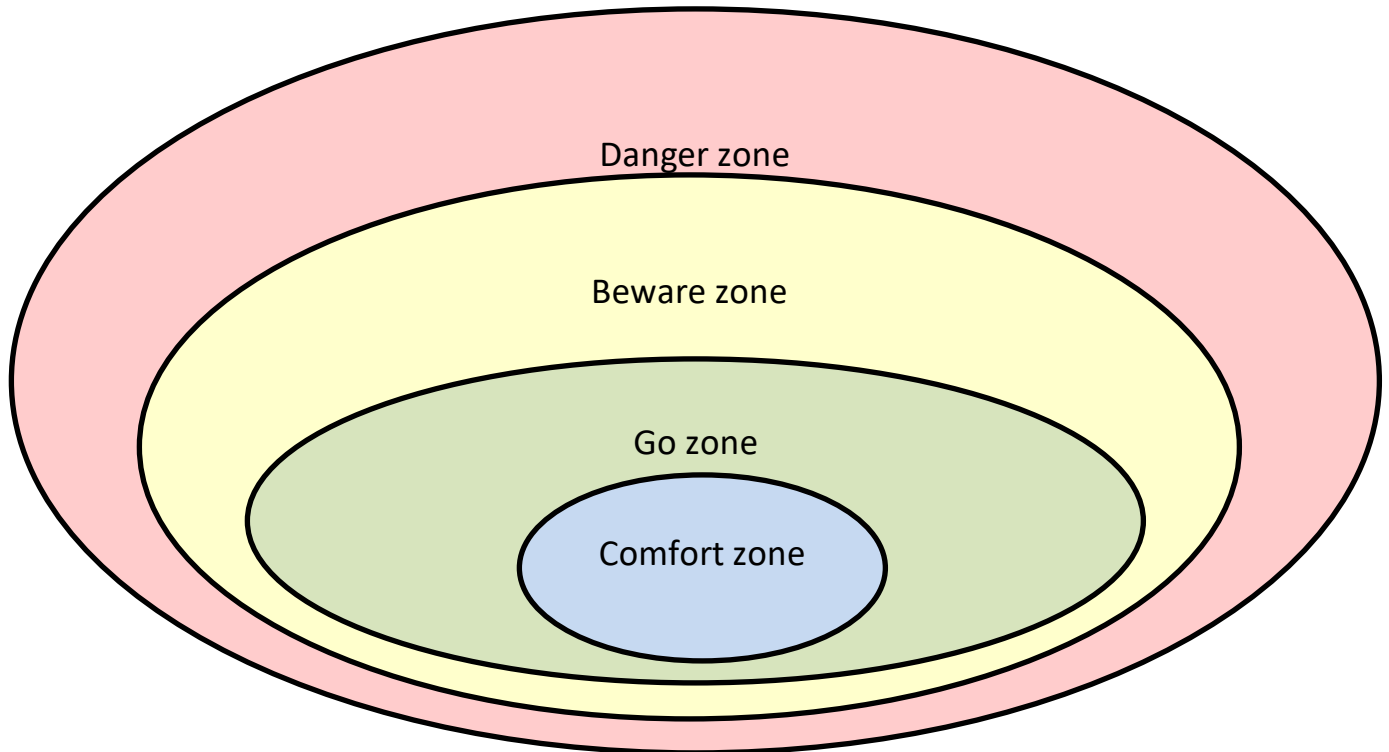


## The Self-regulation Traffic Light

This is the basics of my traffic light. In the original the model, three circles are used. It is often used and found. I did not find the original source, however this [Wikipedia site](#) gives some references.



The idea of the traffic light is watching the color of your very own traffic light every now and then as often as you need it. In the beginning, you might need to check a couple of times an hour. It might become a habit, just as looking at a clock to see the time. See this schedule of my traffic light during a normal day:

Time	Colour	Activity	Emotion
7:00	blue	breakfast	Calm and happy
10.00	yellow	busy meeting at work	Overwhelmed, irritated
14.00	green	doing routine work	Happy, motivated
17.00	yellow	driving home in the rush hour	Hurried,
19.00	green	preparing and eating meal with friend	Happy, connected
21.00	blue	doing crochet on my couch	Tired, sleepy

In the table on the next page you see my own traffic light. I carry it with me and take a look when I need it. My therapist has a copy. My manager at work knows the post important parts of it.

Color/zone	How does it feel, what do you do when you are in this zone?	What is the right (re)action when you are in this zone?
Comfort	<p>I feel calm  I am in contact with myself and my environment  I get bored when it takes too long  I do things I know I can do</p>	<p>Enjoy and find some challenge when it is enough.</p>
Go	<p>I feel calm and a bit something else like happy, curious, engaged, stimulated. Negative feelings are 0-4 on a 0-10 scale. Often, they are not 0.  I am in contact with myself and my environment.  I do things that are a bit new or challenging, well within my boundaries.  People can see this from  -my smile  -... (fill out: other visible behaviour)</p>	<p>Enjoy and watch for signs of blue or yellow.  Contact a friend, relative, teacher, significant other every couple of days to check if you are really in this zone.</p>
Beware	<p>I feel nervous, afraid, irritated. On a 0-10 scale, it is between 4 and 7. I am still in contact with myself and others I feel safe with. However, I might retract from situations.  I do things that are very new or challenging for me, by choice or by incident.  I can handle this for some time. It should not be too long. Not too many other challenges should be added.  People can see this from  -wrinkles in my forehead  -skin picking my nailfolds  -... (fill out: other visible behaviour)</p>	<p>Contact a friend, relative, teacher, significant other the same day.  Names:  Check in with my professional caretaker within a week to monitor how I am doing.  Names:    Self-management:  -go to the gym  -do simple craftwork  - go to bed in time  -.. (fill out what helps you)</p>
Danger	<p>I feel frightened, angry, sad. It is 8-10 on the 0-10 scale.  I lose the contact with myself and my environment. I might say or do things I regret later. My safety and the safety of others may be in danger.  I must do anything that helps me back to yellow or lower. I likely need help to do so. This is the only priority at this moment.  People can see this from:  -shouting, talking very fast  -not making eye contact  -... (fill out: other visible behaviour)</p>	<p>Contact my professional caretaker: name, tel.  Say I need an appointment the same day. Mention this is a potential crisis and Self-management (assisted by others if necessary)  - take a walk or run in a safe environment  - hide in my bed with a soft blanket  -write or draw my feelings  -.. (fill out what helps you)</p>

