

HEALING COMPASS of SELF-REGULATION

Read through the table and decide where you would rate your child on each continuum. The references to the elements come from Traditional Chinese Medicine and can often provide insight into how to assist with self-regulation

Which areas seem to be mostly in balance (Closest to the Zero point)?

Which areas need attention (Farthest from Zero point)?

Which elements might help us get them back in balance based on what we know of nature and how it works.

Remember that we want to see life and movement – not a flat line. Self-regulation keeps us in harmony as well as balance and these points will always shift and change in a variety of ways.

Items to the left side of the paper generally represent Yin energy or behaviors of under-regulation.

Items to the right side of the paper generally represent Yang or behaviors of over-regulation.

Organ system issues relate to a medical diagnosis with their placement based on Yin/Yang correspondences in Traditional Chinese Medicine.

WOOD	Seed	Tree				Grass		Vine		Plankton	
	Blind					Aware				Visually Distracted	
	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
	Brittle					Flexible				Hypermobile	
	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
	Self-harming					Assertive				Explosive	
	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
Repetitive					Playfully Engages				Random		
-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	
Liver issues						Gallbladder issues					

WATER	Ice	Ocean				Lake/River		Rain		Cloud	
	Deaf					Listens				Auditorily Distracted	
	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
	Constant Pain					Fluid Movement				Non-responsive to Pain	
	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
	Dissociated					Cautious				Reckless	
	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
Somnolent					Sleeps Peacefully				No Sleep		
-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	
Kidney issues						Bladder issues					

EARTH	Clay	Compost			Loam			Dirt		Dust		
	Oral Seeking			Explores by Touch					Tactile Defensive			
	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	
	Hypotonic			Strong					Hypertonic			
	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	
	Obsessive			Attentive					Oblivious			
	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	
	Eats Everything			Eats Balanced, Nutritious Diet					Eats Nothing			
-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5		
Spleen/Pancreas issues						Stomach issues						

METAL	Gold/Diamonds	Copper			Bronze			Iron		Stardust		
	No Sense of Smell			Identifies Smells					Smells Everything			
	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	
	Thick-skinned			Sensitive					Thin-skinned			
	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	
	Depressed			Grieves					Inconsolable			
	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	
Apraxic			Coordinated					Prodigy				
-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5		
Lung issues						Large Intestine/Colon issues						

FIRE	Sun	Wildfire			Campfire			Lightning		Sparks		
	No Taste			Enjoys Variety					Licks Everything			
	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	
	Slow Pulse/Low Pressure			Variable Pulse/Pressure					Rapid Pulse/Pressure			
	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	
	Non-responsive			Laughs Easily					Manic/High Drama			
	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	
Loner			Enjoys Friends & Family					No Boundaries				
-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5		
Heart issues						Small Intestine issues						

Do you see any trends – more check points to right or left sides of the paper? Or in a particular element?