

Gray's 3™ – Daily Regulation Snapshot

Purpose: Modality-based, easy entry point

Today, I notice:

- **My body feels:**
- **Alert** **Tense** **Slowed** **Regulated**
- **My thoughts feel:**
- **Racing** **Focused** **Foggy** **Clear**
- **My emotions feel:**
- **Heavy** **Reactive** **Neutral** **Calm**

One small regulating action I can take today:

Regulation happens in small moments, repeated often.

Educational use only.