

# 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.**