Zones of Regulation: Inner Coach











somebody. A coach is a person who helps









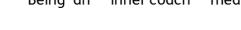
be an 'inner coach' for





'inner coach' Being an

















we can

tell

ourselves good ideas and good thoughts.

What could your 'inner coach' say?

You can't do Your Lego You hurt your There are no your work model broke scissors left leg

The Zones of Regulation were developed by Leah Kuypers MA ED., OTR/L. More information can be found at http://www.zonesofregulation.com/index.html