

Supporting Regulation: Reflecting & Debriefing

Debriefing with a colleague or partner is a way for the co-regulator to reset and offload some of the emotional toll of being a co-regulator. Debriefing often focuses on emotions and feelings and is subjective. **Reflecting** is a way to identify what went well and problem-solve what could have gone better, either individually or as a team. Reflecting is more objective and fact-based. Debriefing and reflecting may or may not occur at the same time.

Sometimes we need an emotional debrief following a tricky or highly charged incident.

Debriefing should be:

- ✓ With someone you trust
- ✓ Confidential (safeguarding disclosure)
- ✓ As soon as possible
- ✓ Takes as long as it takes
- ✓ Requires good listening skills from a partner

Debriefing should not be:

- ✗ Judgmental
- ✗ Addressing “what went wrong”
- ✗ Written

Reflection is an important part of learning, adapting, and changing for better outcomes in the future.

Here are some prompting questions to try out, either as self-reflection or as a team:

- What went well?
- What could have gone better?
- Did I share my energy?
- Was I curious enough?
- Are my expectations reasonable?
- What did my body language communicate today?

We all have a different capacity for co-regulating depending on the day.