

## Parker Academy Emotional Regulation Chart/Fight-Flight Curve

The Parker Academy Emotional Response Chart and Fight-Flight Curve, as provided to the ASVET Program by Dr Kirke Olson, are useful tools for mapping and understanding a person's emotional response to trauma. These tools can be used to help a person identify how they are feeling and begin to develop personalised coping skills.

### Parker Academy Emotional Regulation Chart

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<b>5</b>	This is an emergency. I can't think logically. I feel like I can't control my feelings. Please help me use my coping skills so I can calm down and be back in control of myself.
<b>4</b>	My frustration or anxiety is intense it's hard to think logically and focus on my work. Please help me calm down and to remember my coping skills.
<b>3</b>	I'm just starting to feel frustrated or anxious. I'll be OK, but it's getting hard. Please help me learn that it is normal to feel frustrated or anxious when I'm learning or experiencing something new.
<b>2</b>	I feel good and my energy level is just about right. I believe I can work well and trust most people here. I like feeling like this please help me stay at this level.
<b>1</b>	My energy is a bit low, but I'm doing well enough to learn. Please help me stay connected with everyone and engaged in my school work.
<b>0</b>	I am shutdown, alone, with minimal energy to do anything. I'm feeling pretty hopeless. Please gently help me get my energy back and to reconnect with others and the world.

## Fight Flight Curve

