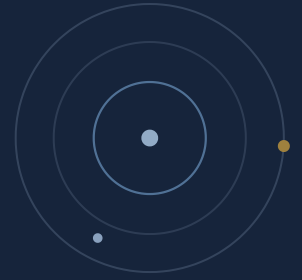


Reflective *Journal.*

A regulated practice, kept across a career. Centre →
Clarify → Choose.



THIS JOURNAL BELONGS TO

— HOW TO USE IT

Reflection is how access *returns.*

- i. Little and often**
A few minutes beats a long entry once a month. Reflective capacity is built by repetition, like the C³ Loop itself.
- ii. Private, not on file**
This is a clinical tool for you. It is not a file note, not disclosable work, and not a clinical record.
- iii. Write what's true**
Honest, non-judgemental observation — not performance. You are noticing your own state, not grading it.
- iv. Close the loop**
Use the weekly review to externalise carry-over, so one matter doesn't bleed into the next.

KEEP THE METHOD CLOSE • THE C³ LOOP™

Centre

REGULATE

Feet on the floor, one breath. Bring the system back online. Access before analysis.

Clarify

REASON

Separate fact from story. Name the one thing that matters most right now.

Choose

RESPOND

The smallest values-aligned move. Answer the signal, not the activation.

Regulate → Reason → Respond. The order is the intervention.

Before, and through, a matter.

DATE _____ MATTER / SETTING _____

Centre REGULATE • BEFORE I BEGIN

Notice what's present in the body, before any story. *You cannot think your way out of a dysregulated state.*

Energy / activation

1

2

3

4

5

Tension / bracing

1

2

3

4

5

Mental clarity

1

2

3

4

5

Emotional steadiness

1

2

3

4

5

CARRYING IN _____

MY CENTRING MOVE _____

Clarify REASON • SEPARATE THE FIELD

Pull the moment apart. The feeling is real; the story may not be. *Feelings are data, not directives.*

FACTS

INTERPRETATIONS

ASSUMPTIONS

EMOTIONS

THE ONE THING THAT MATTERS MOST RIGHT NOW

Choose RESPOND • ACT INTENTIONALLY

Anchored in values — not reactivity or urgency. Not the whole solution: the next move.

MY NEXT MOVE _____

IT SERVES _____

NOTES

What state was I in?

For the affidavit that landed hard, the client who unravelled, the ambush in negotiation. Run the Emotional Airlock backwards and learn from it. You don't lose intelligence — you lose access to it.

THE INTERACTION

01 What emotion appeared first? — before the thinking caught up

02 What story followed it? — the narrative my brain offered

03 Signal, or threat noise?

WHAT THE THREAT NOISE SAID	THE ACTUAL SIGNAL UNDERNEATH

04 What would the Airlock have changed? — Notice • Pause • Identify • Respond

05 What I'll do differently — and what this is asking of me.

Where did the week go?

WEEK OF _____

Threat • Drive • Soothe

PAUL GILBERT • THE THREE SYSTEMS

Family law runs hot. Mark how much of your week each system actually ran. *The soothe system is trainable — and usually starved.*

Threat protect • hypervigilance						low → high
Drive achieve • deadlines, results						low → high
Soothe recover • rest, connection						low → high

RECOVERY | ACTUALLY TOOK THIS WEEK — LOAD → REGULATE → RECOVER → CAPACITY

AS CO-REGULATOR — A MOMENT IT WORKED

Where my steadiness helped someone else stay in their thinking.

WHAT THIS WEEK ASKED OF ME

And what I need support with — supervision, consultation, recovery.

For your CPDPR. A weekly reflective entry supports your competence, client-relationship and wellbeing records under the NZLS CPD framework. Note any action or supervision need it surfaces, and carry it forward.

The best decisions are rarely made from survival mode. **Human first. Then performance.**

The things that *keep* hooking me.

Reflection becomes strategy when patterns show themselves. Revisit your entries each month and capture what recurs — your reliable triggers, your default stories, and the moves that genuinely bring you back.

RECURRING TRIGGER	THE STORY IT TELLS ME	THE MOVE THAT BRINGS ME BACK

MY EARLY-WARNING SIGNS

How I know the lid is starting to flip — in my body, my tone, my behaviour.

WHAT RECOVERY LOOKS LIKE FOR ME

The soothe practices that actually restore capacity — named, so I'll use them.

MY ANCHOR FOR THIS SEASON OF PRACTICE

One sentence, first person. The thing I want to stay true to when everyone else becomes reactive.