

The Steps of the Shanker Method™

→ Reframe the behaviour → Recognize the stressors
→ Reduce the stress → Reflect: Enhance stress awareness →
Restore energy

As this Self-Reg diagram conveys, the 5 steps are not a linear sequence. Rather, there are multiple points of entry & Self-Reg can, in fact, be pursued in any order. Mastery of each step grows by working on all the others. This cyclicity is the key to how Self-Reg becomes custom-tailored to suit the distinctive stress-reactivity and needs of every individual.



Self-Reg is designed to deal with all the ups and downs, the variations and fluctuations of daily life. Our reactivity to stress is constantly changing, as indeed are the stresses themselves.

But once we immerse ourselves in Self-Reg and actually live it, our understanding of stress and our ability to manage energy flow is transformed. We become increasingly sensitive to the signs of being over-stressed and better equipped to turn negative situations into positive growth experiences.