

The Sensory Ladder Tracker & Ritual Builder™

A Neurodivergent Spiral of Life™ Tool --Layer 1: Safety & Believability

is for adults with Autism, ADHD, and Complex Trauma
(and those who love them) who want earlier and
kinder access to regulation.

by Barbara (Blaze) Lazarony, MA, LMFT

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Understanding Your Sensory Ladder

Support your nervous system—before overwhelm hits.

Your nervous system moves through different energy states each day, from calm to overwhelmed, from shutdown to recovery.

This ladder helps you track where you are and what your body needs at each level.

When you learn to name your sensory state before it peaks, you can intervene early, with compassion, not criticism.

Use this tracker as a daily reflection or quick check-in tool whenever you start to feel “off.”

*You don't need to use every part of this tool.
Even noticing one level or one ritual is enough.*



The Sensory Ladder Tracker



5 Overwhelm / Meltdown

- My signs of crisis: _____
- My emergency grounding tool: _____
- What I need from others: _____

4 Rising Agitation / Overloaded

- My warning signs: _____
- What helps me reset: _____
- What to avoid: _____

3 Regulated / Calm Zone

- My body feels _____
- What maintains balance: _____
- My grounding ritual: _____

2 Under-stimulated / Low Energy

- My early signs: _____
- What helps me activate gently: _____
- What to avoid: _____

1 Shutdown / Numb

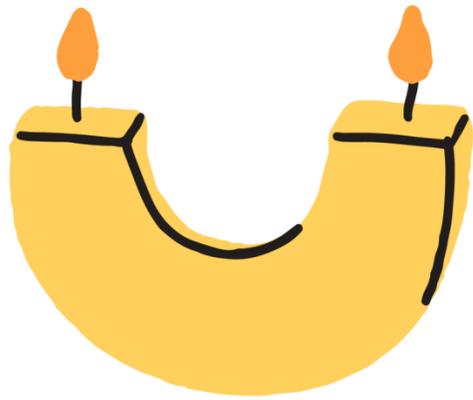
- My early signs: _____
- What helps me feel safe again: _____
- What to avoid: _____

What's one small thing I can do each morning to help my system stay near the calm middle of my ladder?

Every climb, every fall, every pause is information—not failure.

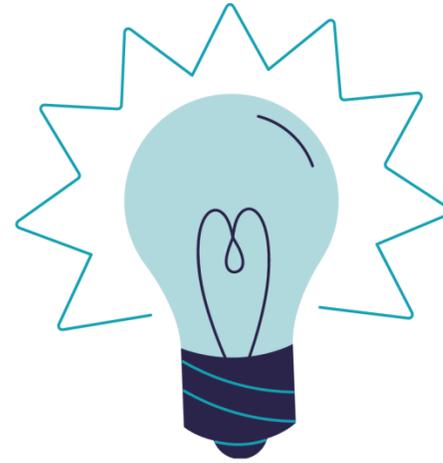
My Ritual Ideas Menu

*Every climb, every fall, every pause is data—not failure.
The goal isn't calm all the time. The goal is knowing how to return.*



Regulate Down (Calm Overwhelm)

- Deep breathing or humming
- Weighted blanket or firm pressure
- Dim light or quiet retreat
- Gentle rocking or rhythmic motion
- Step away from screens or conversation



Regulate Up (Boost Energy)

- Cold water splash or bright scent
- Brisk walk or stretching
- Upbeat music or laughter
- Connect with a friend or safe person
- Play, move, or even change environment



Maintain Regulation (Daily Hygiene)

- Balanced meals and hydration
- Consistent bedtime routine
- Short sensory breaks during work
- Journaling or grounding check-ins
- Gentle body movement (yoga, sway, walk)

My Regulation Ritual Builder

Rituals are nervous-system maintenance, not indulgence.

Time of Day	How I Feel (Ladder Color or Level)	Regulation Ritual	Notes/Reflections
 Morning			
Midday			
 Evening			

- *Today's insight:* _____
- *My go-to ritual:* _____

References

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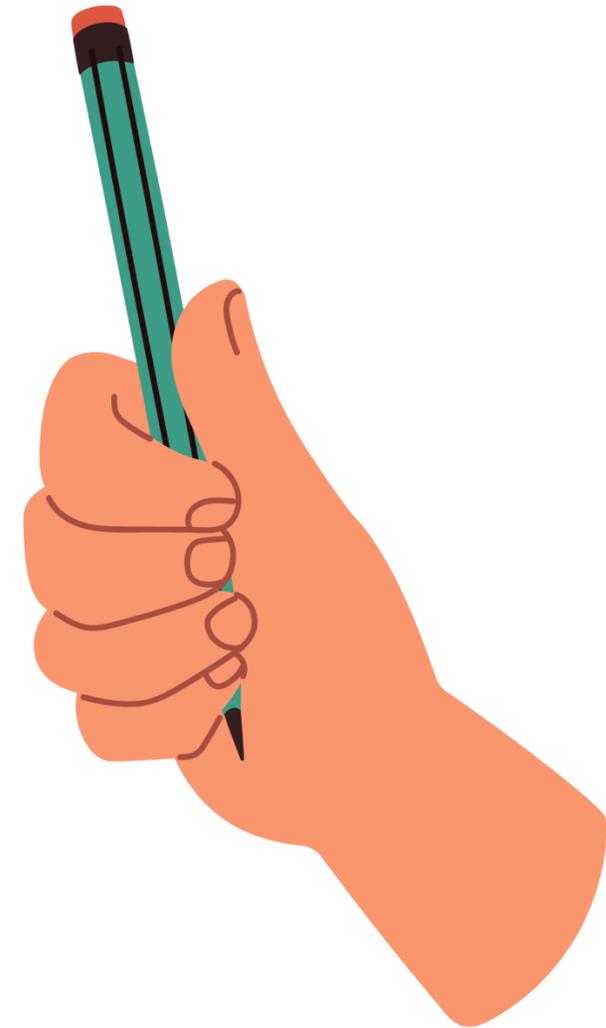
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About Barbara (Blaze) Lazarony



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Barbara (Blaze) Lazarony, MA, LMFT, is a neurodivergent therapist and guide who supports neurodivergent adults and couples in understanding themselves—and each other—without shame or pressure to change. Her work is grounded in the integrated reality of her own neurodivergent nervous system: misattunement, care, fatigue, and the steady desire to be met as you are.

After decades of clinical practice and lived integration, Blaze shaped the Neurodivergent Spiral of Life™ to provide language and structure for experiences that are often unnamed or misunderstood. Through her work, writing, and on her Love on the Autism Spectrum podcast, she offers clinical clarity with compassionate pacing, supporting people to slow down, feel safer in their bodies, and build relationships that fit their real nervous systems with steadiness, consent, and earned authority over time.