



# The PLS<sup>™</sup> model

Authoritative Leadership, Limit Setting,  
Conflict Resolution and Regulation Support

Positive Learning Spirals

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Prepare and Involve

Lead and Stabilize

Deescalate and Comfort

Repair and Acknowledge

Reflect and Dialogue

Fainting

Collapse

Rigid immobility

Lose / Lose attack

Physical attack

Physical aggression

Threats of violence

Humiliation

Active undermining

Dialogue stops

Debate

Argumentation

Short messages

Extended dialogue

Playful interaction

Lively play

PLS<sup>™</sup> interaction scale

Time →

Intensity ↑  
↓

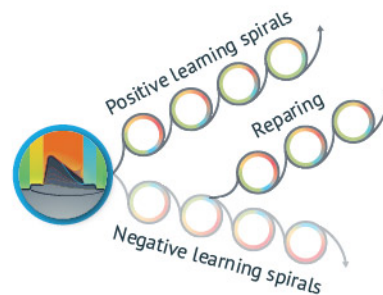
Deep Freeze  
Fear  
Fright  
Helplessness  
Hopelessness

Shock  
Rage  
Despair  
Anger  
Breakdown  
Hostility  
Anxiety

Depression  
Indignation  
Humiliation  
Confusion  
Nervousness  
Defiance  
Indignation  
Disturbance

Doubt Regret Woundedness  
Awkwardness Disappointment  
Disappointment Envy Intolerance  
Boredom Coldness Dislike Displeasure

Empathy Charm Happiness Warmth Delight  
Tranquility Gusto Acceptance Inner Peace Arousal  
Infatuation Love Confidence Buoyancy Relief Kindness  
Sincerity Trust Sympathy Enchantment Rejoicing Enthusiasm  
Inspiration Friendliness Gratitude Cheerfulness Amazement Interest



Freeze and Disconnecting

Flight or Fight

Social/cognitive aggression/defense

Repairing

Intellectual

Relational

Social

Playful

Biopsychosocial defence mechanisms

Engagement

Response systems

