



# PLS Regulation-Support Model™

The model provides an overview of emotional and behavioural intensity in human interaction—children and adults—and promotes well-regulated leadership, regulation support, and phased conflict resolution - strengthening capacity for self-regulation and relational learning processes in challenging and conflict-prone situations.

Positive Learning Spirals

Developed by Hans Holter Solhjell ©2026  
A part of the PLS Framework  
Read more: [www.famlab.no/pls-framework-models-download-page](http://www.famlab.no/pls-framework-models-download-page)



Phases: adult action intentions

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

Intensity

PLS® interaction scale

Time →

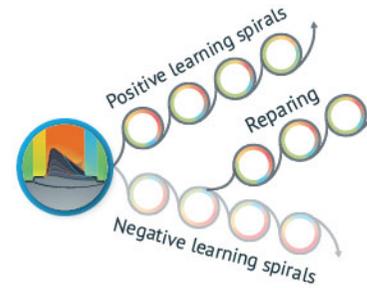
Deep Freeze  
Fear  
Fright  
Helplessness  
Hopelessness

Shock  
Rage  
Despair  
Anger  
Breakdown  
Hostility  
Anxiety

Depression  
Indignation  
Humiliation  
Defiance  
Confusion  
Indignation  
Nervousness  
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

Reparing

Intellektuell

Relasjonell

Social

Playful

Response systems

Biopsychosocial defence mechanisms

Engagement



This model is informed by and integrates practice models, theory and research on conflict resolution, communication and de-escalation, stress/trauma physiology, emotional granularity and regulation theory, as well as attachment, self-determination and developmental theory, parenting and leadership styles, and learning-loop, action science and dynamic systems perspectives.