

Focus on a helpful thought



Acknowledge your feelings



Grr! I'm ready to explode!

I will make a bad choice.



I'm really annoyed and starting to lose it!

I might make a bad choice.



I've got a problem, I'm annoyed!

But I can handle it!



I'm starting to feel irritated.

But I'm making good choices.



Things are good!

Calm your
body



Engage with
the world
around you

(Say:
5 things you can
see
4 things you can
hear
3 things you can
touch
2 things you can
smell
1 thing you can
taste)



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