

1 STOP	
What is going on right now?	
2 THINK	
What am I feeling?	
<div> <div>Rational</div> <div>What am I thinking?</div> <div>Negative</div> <div>Positive</div> </div> <div> <div>ⓧ</div> <div>ⓧ</div> <div>ⓧ</div> </div>	
What do I <u>really</u> want? (No mixed messages)	
What is the best thing to do?	
Advantages	
Disadvantages	
Possible consequences...	
Do I need advice/help?	
3 BREATHE	

REFLECT AND EVALUATE

Things that I'm doing <u>differently</u>	
Results / Lessons learned	