

<b>1 STOP</b>	
What is going on right now?	
<b>2 THINK</b>	
What am I feeling?	
Rational <input type="checkbox"/> What am I thinking? Negative <input type="checkbox"/> Positive <input type="checkbox"/>	
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?	
<b>3 BREATHE</b>	

**REFLECT AND EVALUATE**

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