

1 STOP

What is going on right now?

2 THINK

What am I feeling?

What am I thinking?
Rational
Negative
Positive

What do I really 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 differently

Results / Lessons learned