1. BREATHING
Take your emotional temperature.
Set the timer for the same number of minutes to relax silently.

- 10' Aggressive
- 9' Crying, Yelling
- 8' Arguing, Refusing
- 7' Restless or Disengaged
- 6' Frustrated
- 5' Worried
- 4' Confused
- 3' Lonely
- 2' Tired
- 1' Hungry

2. REFLECTION
Know your ABCs and 123s.

A: Antecedent/Trigger - What happened before you needed a BREaK?
B: Behavior - How did you behave after the trigger?
C: Consequence - What were the effects of your behavior?

✓ Complete 1, 2, or 3 Personal Inventories

3. ENGAGEMENT
Achieve competence. Complete a portion of the work you were doing when you felt triggered.

4. KINDNESS
Make it right. Apologize. Do a kindness for someone your behavior may have hurt. Help someone.

RECORD THIS EVENT ON THE BACK OF THIS PAGE OR IN YOUR JOURNAL.
TIME COMPLETED: _________________________