

Make It Happen

Take a Break

Think about a situation that's a trigger for you. Write down the trigger and what you feel when it happens. Select one of the Re-Framing strategies and write a response using each step for the strategy you selected. Try more than one strategy and see which one you're most comfortable with.

The more you practice
Centering and Re-Framing,
the easier they will be to use
when you need them.

Trigger

What I feel

Reality Check

Double Standard

Past Experience

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